User Manual

iSILS
INTELLIGENT SENIOR INDEPENDENT LIVING SPACES

A Division of

GROUP OF COMPANIES

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1. Introduction

iSILS FB for Seniors© is the first Android app that assists seniors to use Facebook and keep them connected to families, friends and communities. Seniors often feel isolated when living independently. It may not be easy for them to visit families and friends, and the same to families and friends to visit them. While young people enjoy social networking with computers and the Internet at home, seniors may feel challenging to use these tools. Some seniors are familiar with digital technologies, but they often find difficult to deal with pictures and videos using various devices.

iSILS FB for Seniors© utilizes Facebook, the world's most popular social networking platform, to let seniors easily share text messages, pictures and videos with people, and enjoy life shared by people. The app is based on Android tablets. With integrated touch screen, microphone, camera, speaker and Wi-Fi on a table, writing, recording and sharing become extremely easy. Most operations can be done by simply tapping the screen, and some operations can be done with voice control. The user interface is specifically optimized to fit seniors' requirements.

Features of the app include:

- You can connect with family, friends and community services through two-way communications using messages, pictures and videos.
- Facebook safely hosts your information**.**
- You can compose messages by using the on-screen keyboard or by speaking using a voice recognition feature.
- You can easily take pictures and videos by simply tapping on-screen icons.
- Simply tap on-screens icons and you can send, receive and reply to messages, pictures and videos with family and friends.
- You can browse and share information with family and friends using Facebook features such as *'the wall'*. This is the space in your Facebook account where you, your family and friends can instantly post and share thoughts and comments.
- You can automatically be notified when you receive new messages.
- You can have your messages read to you.
- You can talk directly with family and friends using Skype and see them using the instant video chatting feature.
- You can enjoy live music and news radio.
- By tapping the touch-screen, your tablet will talk to you with features such as the time of day.

iSILS FB for Seniors© is produced by iSILS Inc. iSILS Inc. is a start-up company with a dedicated focus on providing solutions for independent living to meet seniors' real needs. The company is based on a revolutionary and innovative concept, Intelligent Senior Independent Living Spaces (iSILS), that integrates technological innovations with architectural design, senior-friendly construction materials and information and communication technologies (ICT) to create alternative, functional, independent and safe environments for seniors, enabling them to live at home for longer periods of time independently with dignity.

The company is also referred to as iSILS.

The iSILS mission is to maintain senior residents in the home of their choice independently, comfortably, safely and inexpensively through research and development, new innovative products and construction solutions, thereby maintaining their life affirming network of friends, neighbours and loved ones. A better quality of life is made possible by the familiar and comfortable surroundings of one's home. iSILS aims to scale new heights by creating technological solutions that are safer, more passive, less intrusive and more user-friendly to seniors.

The iSILS vision pioneers an innovative approach to caring for those with various levels of need, through the integration of technologies and design systems with the key requirement that products or services be reproducible and installed within existing and/or new homes, whether single-family, townhomes or condominium/apartment-style, whether in Canada or around the world.

This vision, once realized, is promising to meet the government's and communities' expectations. The vision will also help drive economic activities with the introduction and sales of new products and services, and will create real, long-term jobs as well as retain existing jobs.

iSILS provides research and development needed to conceptualize, design, development, prototype, test and evaluate new products and solutions in line with the iSILS vision. Solutions that address seniors living challenges can often be adapted to accommodate the needs of physically disabled persons or persons with mobility impairments of all ages, thereby help keep this group as well as seniors residing in the home of their choice.

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2. Prerequisite

FB for Seniors is provided to be used by seniors. However, tasks in this section are expected to be completed by a senior's caregivers (family members or friends) who are familiar to computers and the Internet. In the remaining of this section, "you" refer to a caregiver as the reader.

2.1 Android 10.1" Tablet

Before installing the application, you need to purchase an Android 10.1" tablet. As listed on iSILS's website (http://www.isils.ca/isils_fb_for_seniors.php), available manufactures include, but not limited to, Toshiba, Acer, Samsung, ViewSonic, Lenovo, Asus, Sony, Motorola, and HTC. For best experience, we recommend to use it with Toshiba's Thrive tablets.

2.2 Google Gmail Account

To install apps on an Android device, a Google Gmail account is required to sign into Android Market. If a senior does not have one yet, you need to create one for him/her. Please go to www.gmail.com and follow on-screen instructions to create the account. Some of the senior's personal information should provided but please be assured that users' privacy is well protected at Google.

2.3 Facebook Account

Before social networking with Facebook, you need to create a Facebook account for the senior if he or she does not have one yet. Please go to www.facebook.com and sign up following on-screen instructions. Facebook requires an email

as a personal identifier and the Gmail account created in 2.2 can be used for this purpose.

Some of the senior's personal information is required but please be assured that users' privacy is well protected at Facebook.

2.4 Skype Account

In order to use the tablet to make phone calls and have live video chatting, you need to create a Skype account for the senior if he or she does not have one yet. Please go to www.skype.com and sign up following on-screen instructions. Some of the senior's personal information is required but please be assured that users' privacy is well protected at Skype.

You need to buy some credits in advance to pay for the phone calls to landlines and mobiles. The payment can be made with credit cards. The rate for phone calls is 2.3 cents a minute (video chatting is free), so you don't need to worry a lot about the cost.

3. Installation and Configuration

FB for Seniors is provided to be used by seniors. However, tasks in Section 3 are expected to be completed by a senior's caregivers (family members or friends) who are familiar to Android devices. In the remaining of this section, "you" refer to a caregiver as the reader.

This manual is not about how to use Android tablets. If you have any question, please refer to the manual along with the device you purchase.

3.1 FB for Seniors App

While the tablet is turned on and a Wi-Fi connection is available, tap the "Market" icon on the desktop to enter Google Android Market (now called Google play).

A typical desktop is shown as follows:

Market

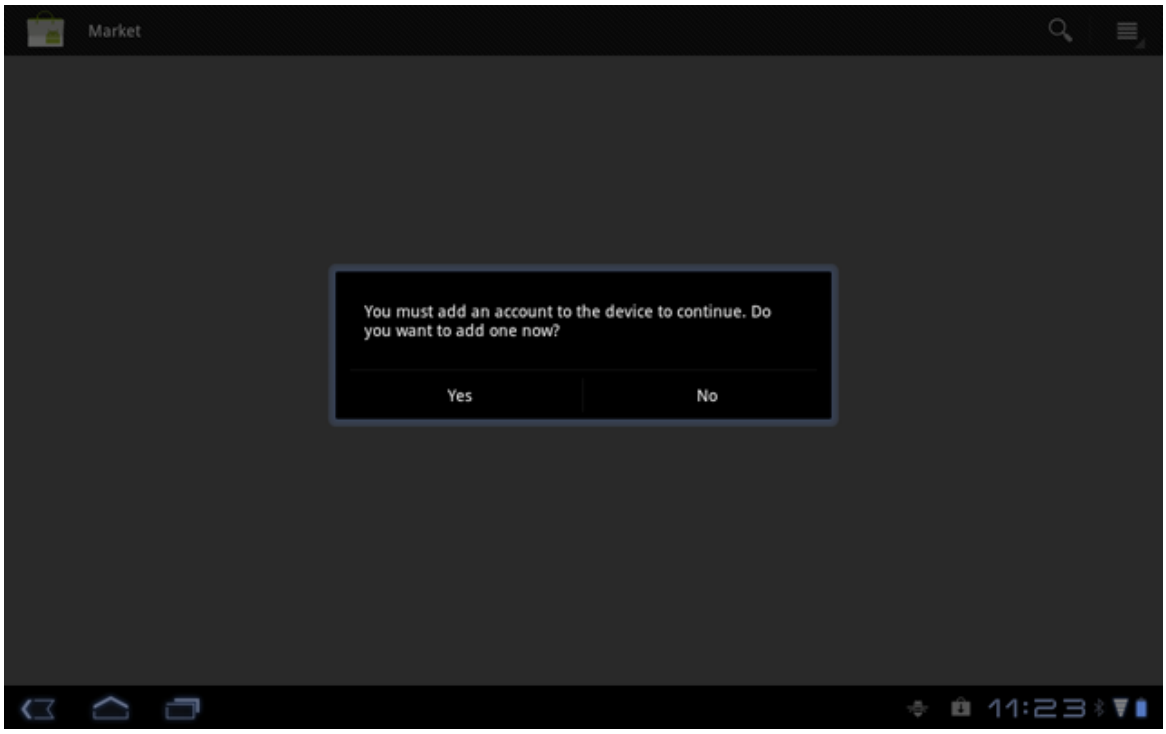
In case you don't see the "Market" icon, tap "Apps" icon at the top right corner of the screen and you will enter another screen where you can find the "Market" icon. The following screenshot shows a typical apps screen:

Market

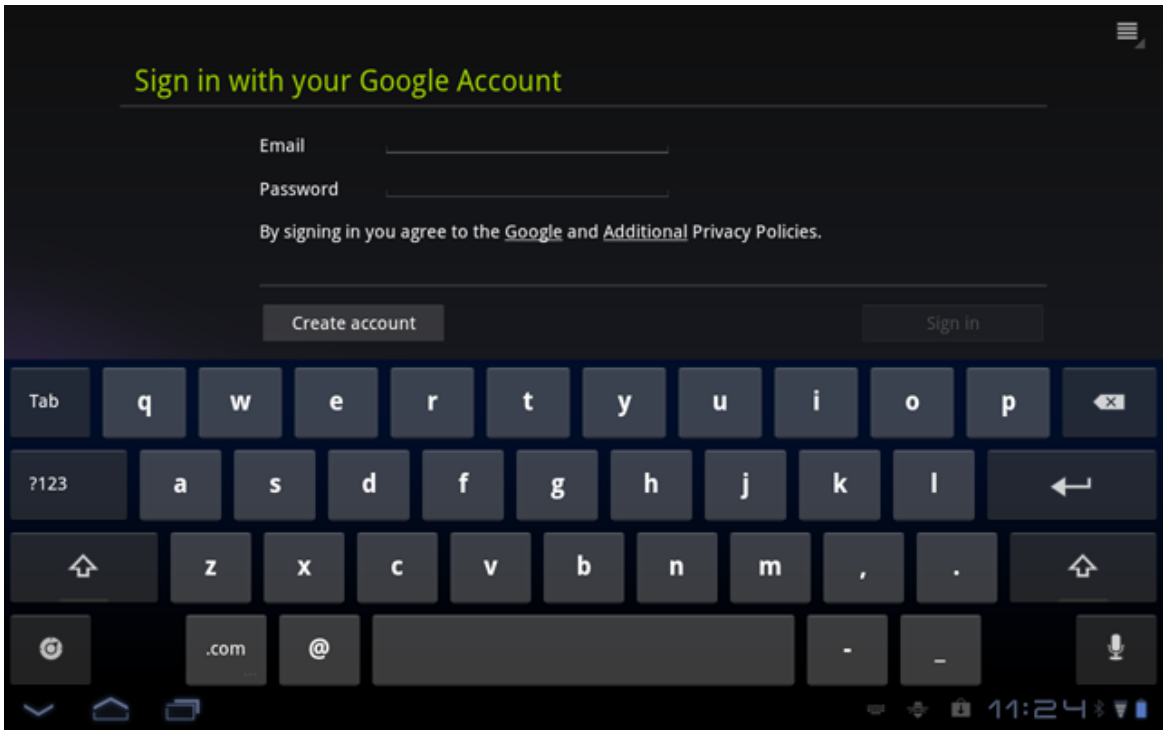
Note: on some new models of tables, the "Market" has been updated to "Play Store" and the screen you see may be similar to the following one:

Play Store

You can tap the “Market” icon, or tap the “Shop” icon at the top right corner of the screen and enter Android Market. You will be asked to add an account to the device to continue, if you didn’t do that yet, as shown below:



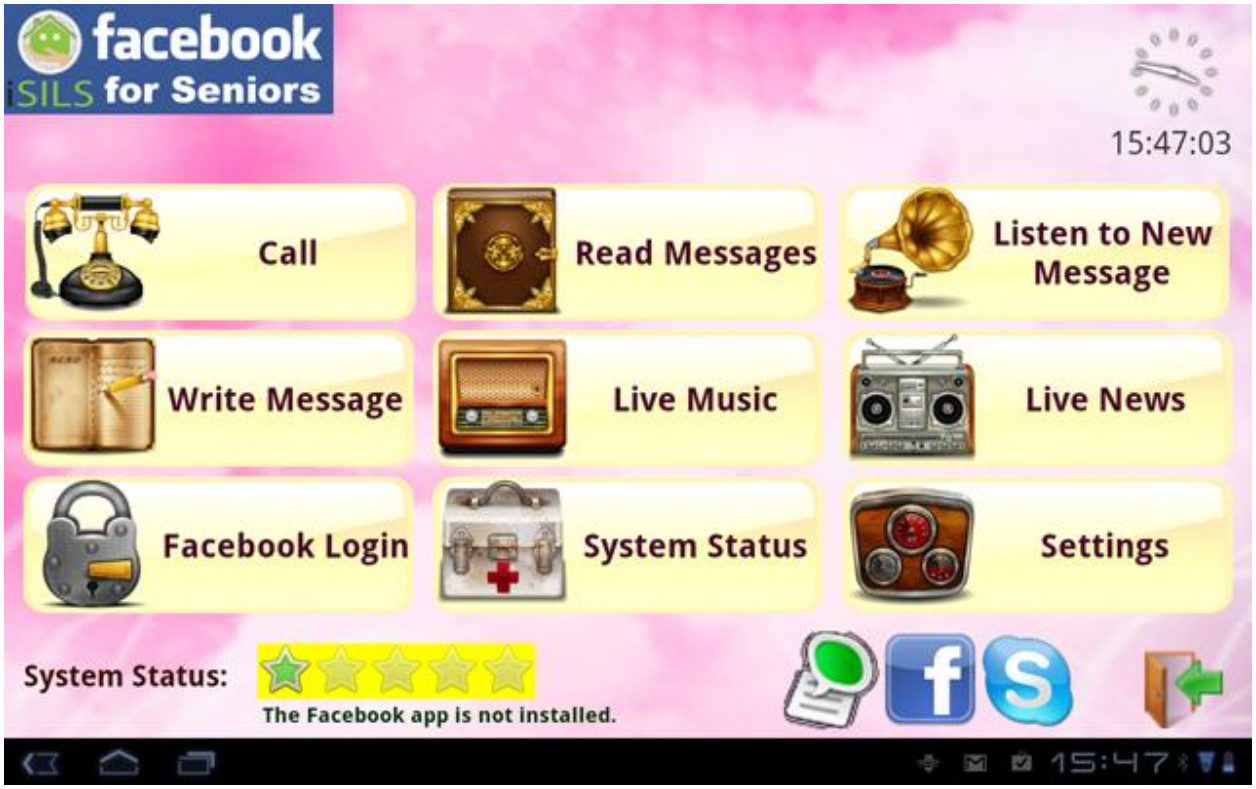
Tap “Yes” to sign in with the Google account created in Section 2.2. Enter the email account and password in the coming screen and tap “Sign in”.



In Android Market, search “FB for Seniors” in the search bar located at the top right corner of the screen. Browse the result list and tab the app icon. In the screen followed, tap “Install” to install it and follow on-screen instructions.

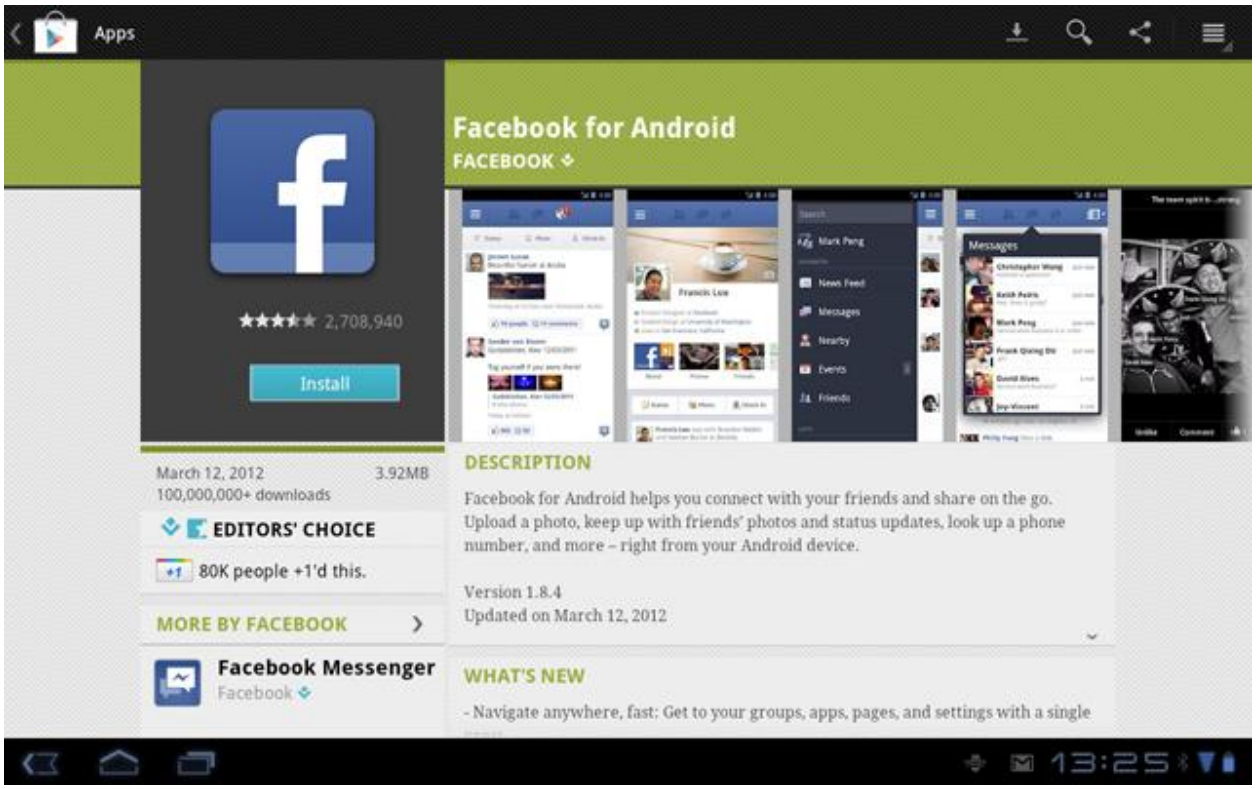
After the installation is completed, tab “Open” to start the app.

You will first see the Home screen of the app, as shown in the following screenshot:



The app automatically checks if Wi-Fi connection is available, if all necessary components are installed (the Android Facebook app, Skype app, and Google Voice Data for speech synthesis) and signed in. For example, for the first time use, if you didn’t install the Facebook app yet, a message “The Facebook app is not installed” will be displayed below the five-star status bar close to the bottom of the screen. The status bar is an indicator for the application’s health.

If the Facebook app is not clicked yet, tap the Facebook icon ( ) at the right-bottom corner of the screen and you will be directed to a screen to install it, as shown below:

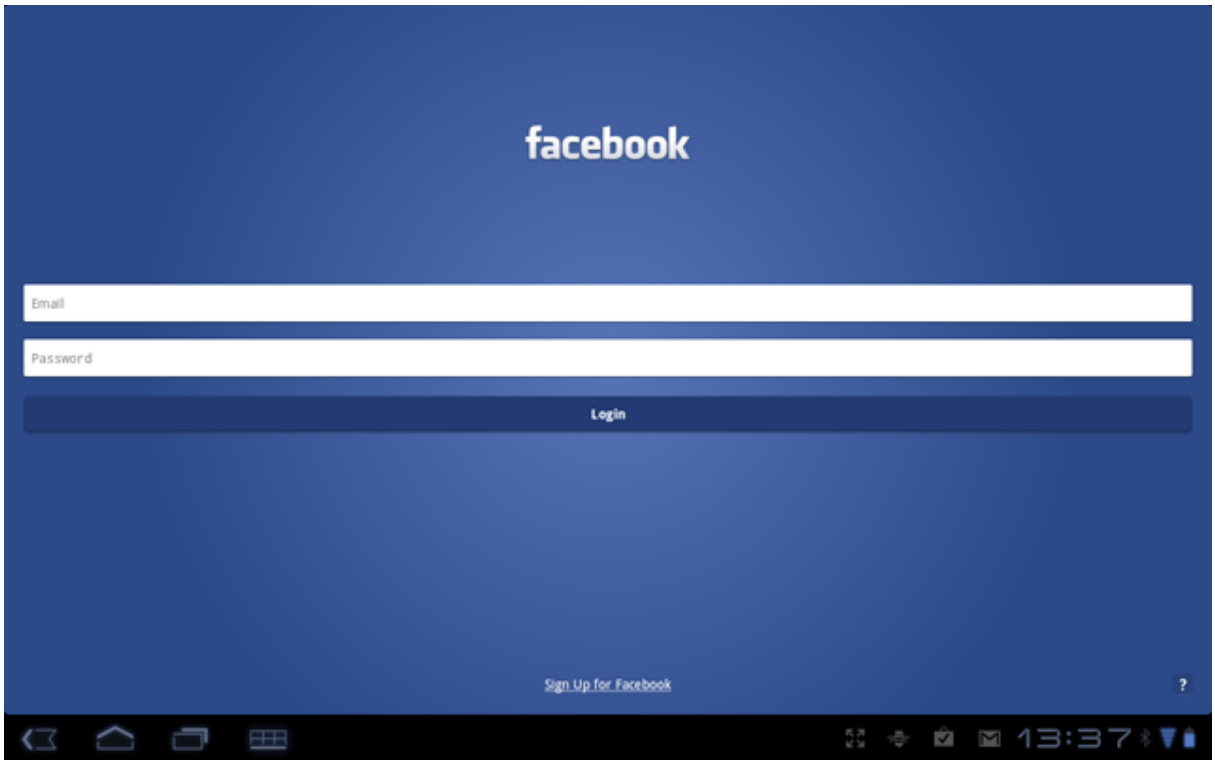

Apps
Facebook for Android
FACEBOOK
2,708,940
Install
March 12, 2012
3.92MB
100,000,000+ downloads
EDITORS' CHOICE
80K people +1'd this.
MORE BY FACEBOOK
Facebook Messenger
Facebook
DESCRIPTION
Facebook for Android helps you connect with your friends and share on the go. Upload a photo, keep up with friends' photos and status updates, look up a phone number, and more – right from your Android device.
Version 1.8.4
Updated on March 12, 2012
WHAT'S NEW
- Navigate anywhere, fast: Get to your groups, apps, pages, and settings with a single
13:25

Tap the “Install” button and follow on-screen instructions to install it. The same process applies to the Skype app ( ) and Google SpeechSynthesis Data (Voice Data) ( ).

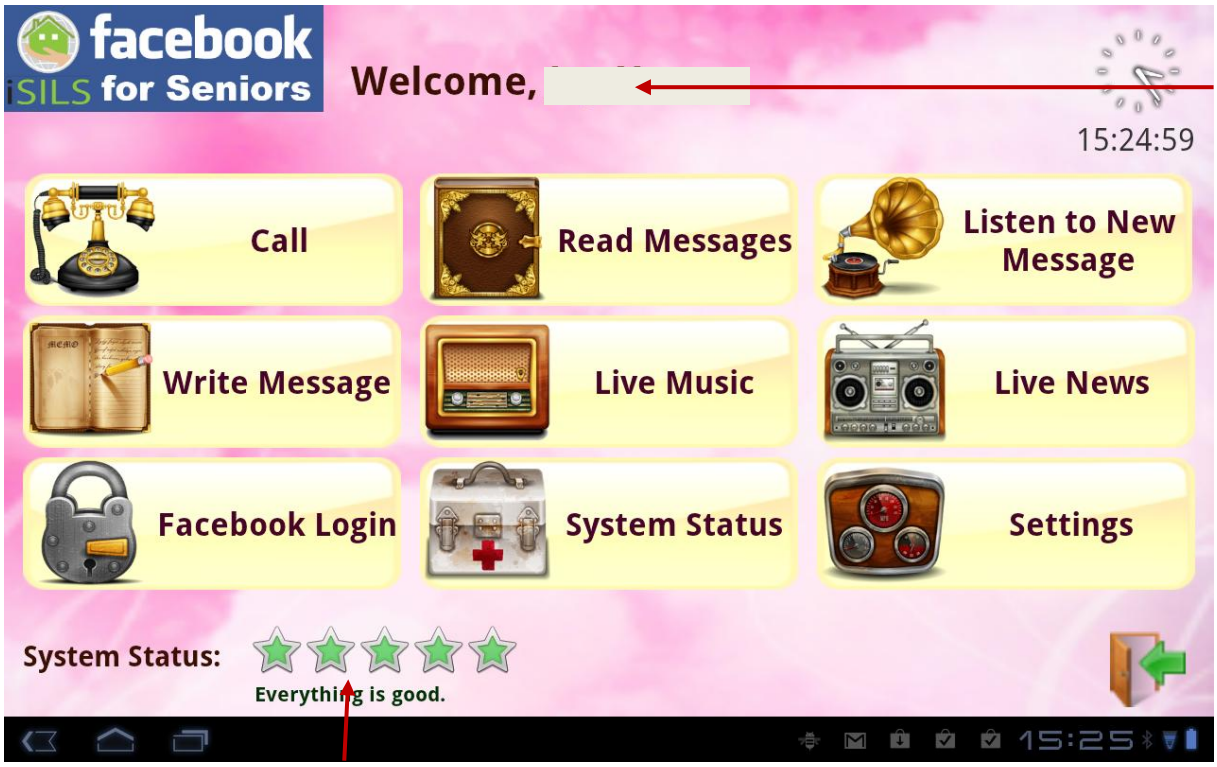
3.2 Login to Facebook

When the installation for Facebook app is completed, tap the “Back” icon ( ) located at left-bottom corner of the screen and go back to FB for Seniors’ home screen.

On the home screen of FB for Seniors, tap the “System Status” button to update the status of the system. Now you will see a message “You didn’t login to Facebook yet.”. Tap the “Facebook Login” button and you will be directed to the Facebook app to login, as shown in the screenshot below.



Enter the email and password set in Section 2.3 and tap the “Login” button. If the email and password are correct, you will be logged in and directed back to the home screen. Now the screen will have Facebook user information displayed as shown below:

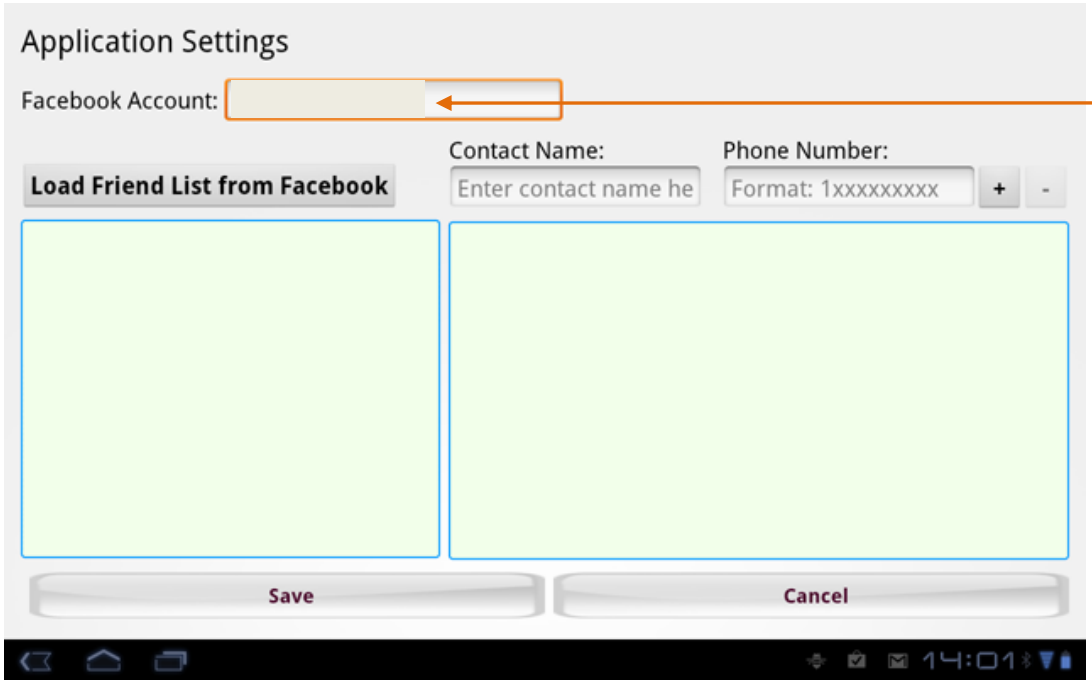


The senior’s name will be displayed here.

You will see different messages if the Skype app and Google Voice data are not installed. Simply tap the icons to install them. Make sure you tap “System Status” to update the system when you return from installation.

3.3 Add Friends and Phone Numbers

Tap the “Settings” button on the home screen and you will be directed to the Application Settings screen as shown below:



The senior’s name will be displayed here.

Tap the “Load Friend List from Facebook” button and the app will automatically gets the senior’s friends information from Facebook. Note that friends of the senior should be added through facebook.com (Facebook's policy requires that creating accounts and adding friends must be done on its website to avoid being abused).

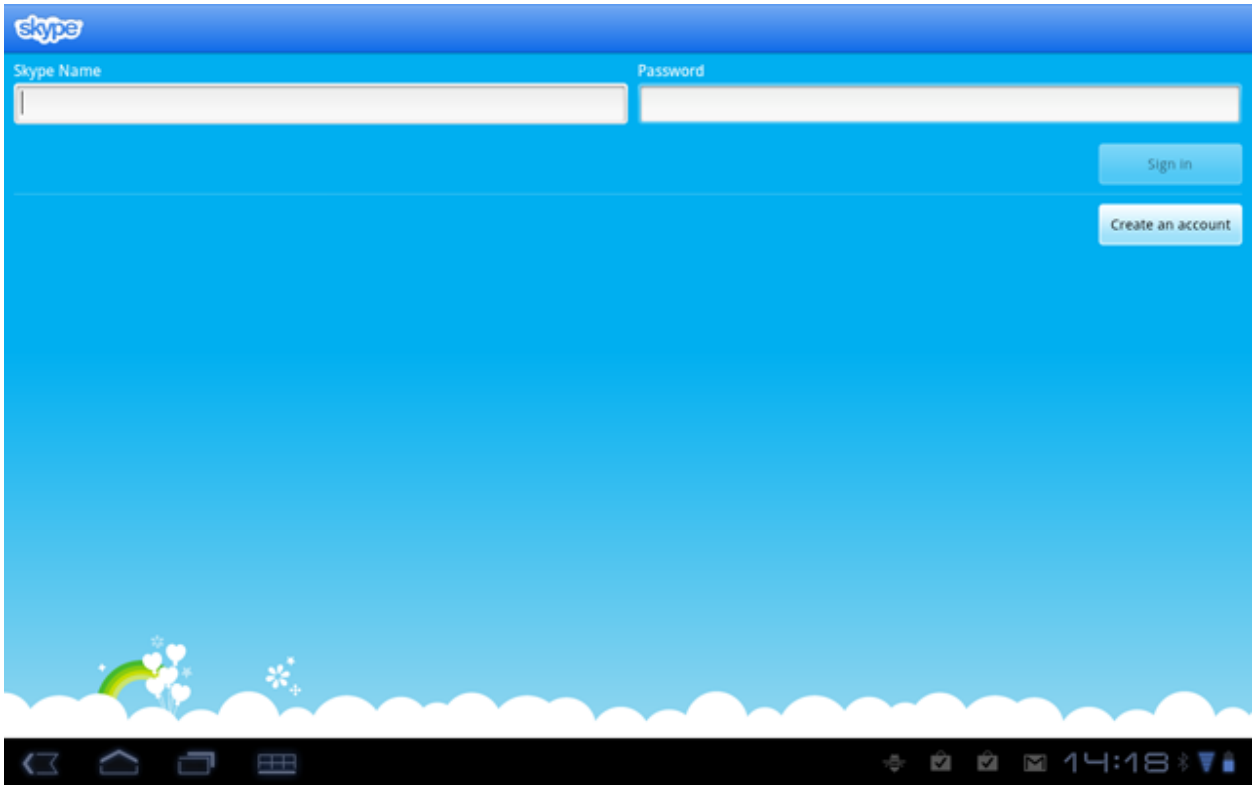
At the right side of the screen, you can add contacts’ names and their phone numbers (currently only North American numbers are supported) and tap the “+” button to add into the list. You can also tap a contact in the list and tap the “-” button to delete. The contact can be families, friends or anyone that the senior wants to call.

After the friend list is loaded and contacts are entered, tap the “Save” button to save and go back to the home screen. You can also tap the “Cancel” button to go back without changing anything.

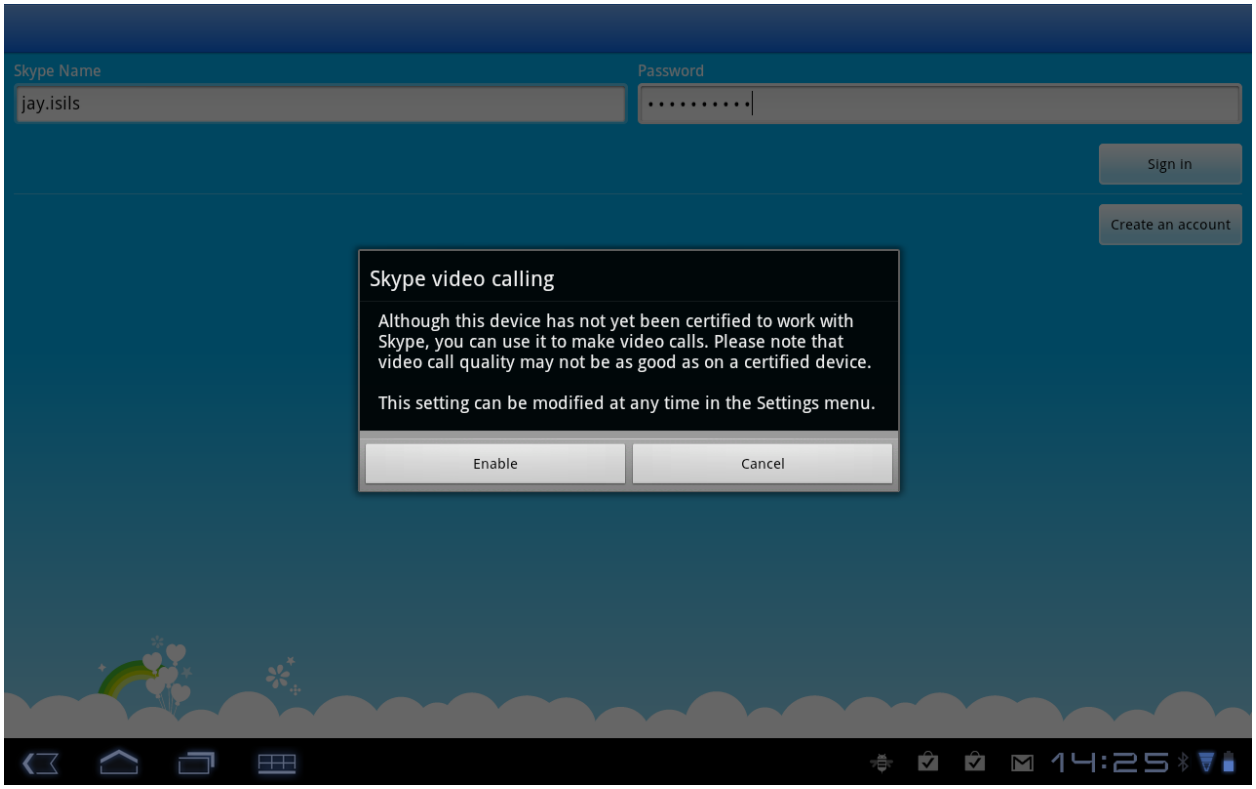
You can revisit the settings time to time to update friend list and contact list.

3.4 Login to Skype

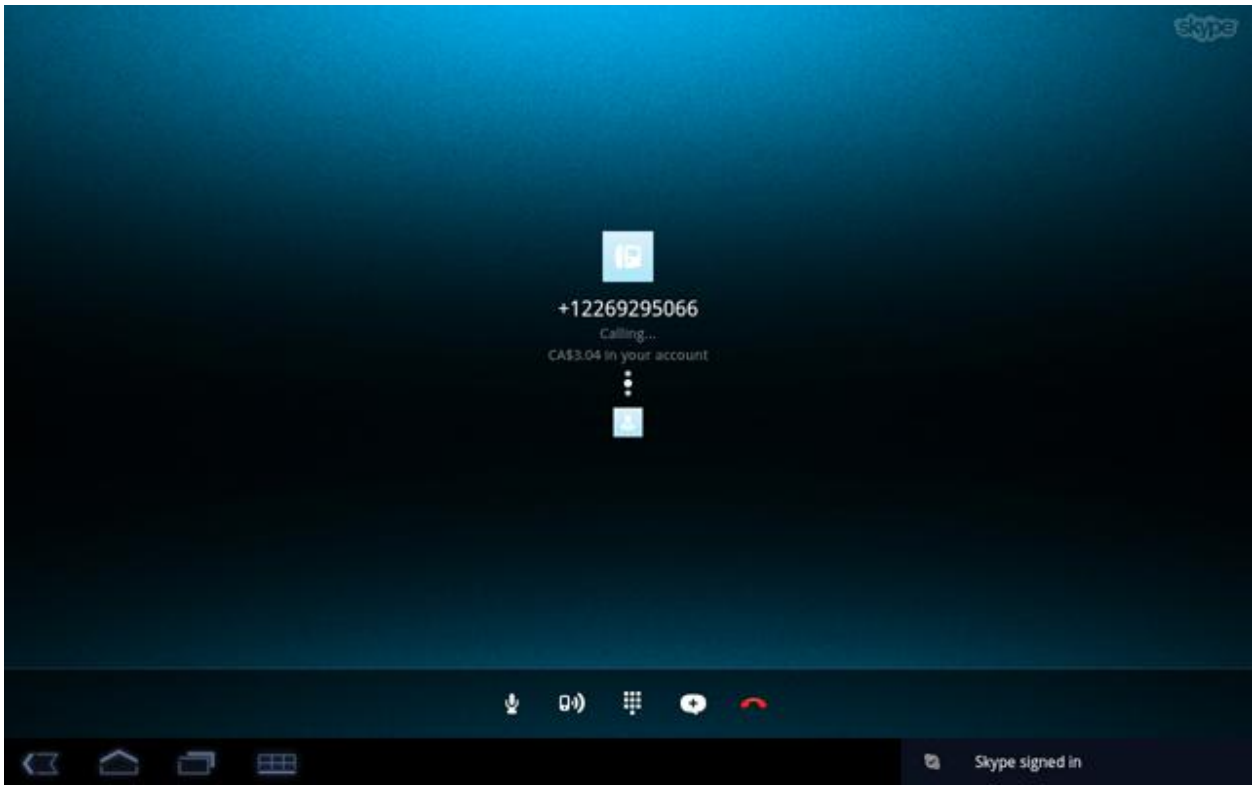
Given that Skype app has been installed, tap “Call” button on the home screen and select one contact, you will be directed the Skype app for login.



Enter the Skype name and password you set in Section 2.4. On some devices, you may see the following dialog and make sure to select “Enable” to use video call.


Skype Name
jay.isils
Password
Sign in
Create an account
Skype video calling
Although this device has not yet been certified to work with Skype, you can use it to make video calls. Please note that video call quality may not be as good as on a certified device.
This setting can be modified at any time in the Settings menu.
Enable
Cancel
14:25

When the login is completed, Skype will continue to call the number you just selected. You will see a screen as follows:



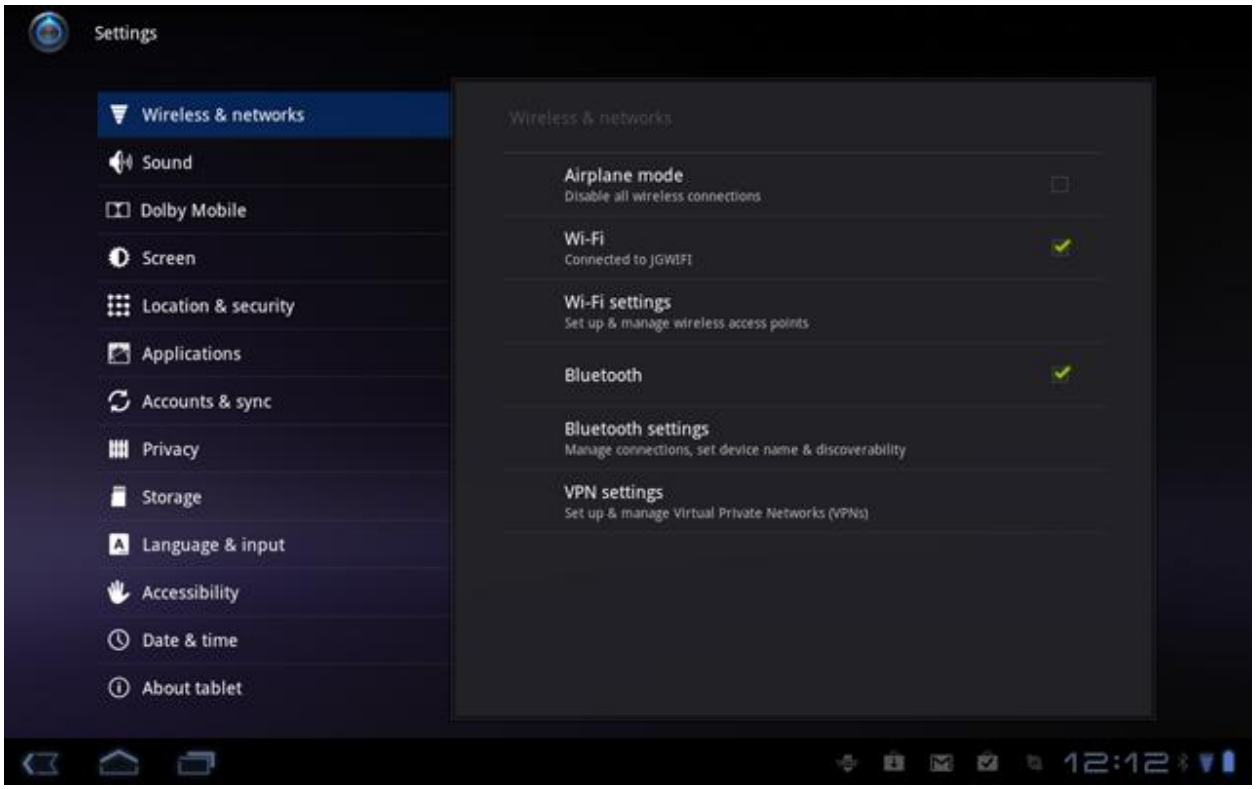
Since you are setting up Skype and you don't want to make a real phone call, just tap the red phone icon ( ) close to bottom of the screen to stop the phone call. You will be directed back to the home screen.

After the first time login, Skype will automatically start every time when the tablet is turned on and keep logged in, so you will not need to do this again (unless you manually log out from the Skype app).

3.5 Keep the Screen Always On

By default Android will lock screen if the system is not used for a while. That may confuse a senior. It is recommended that ***the tablet is always connected to power*** and the auto-lock is disabled.

To disable auto-lock, click the Settings icon in Android apps ( ) and enter the screen for configure the system:



Tap “Screen” and then “Timeout”. In the popup list, tap “Never”.

Next, tap “Applications”, then “Development”, and “Stay awake”.

After these are finished, the tablet will already be ready for use as long as it is being charged.

4. Use the App

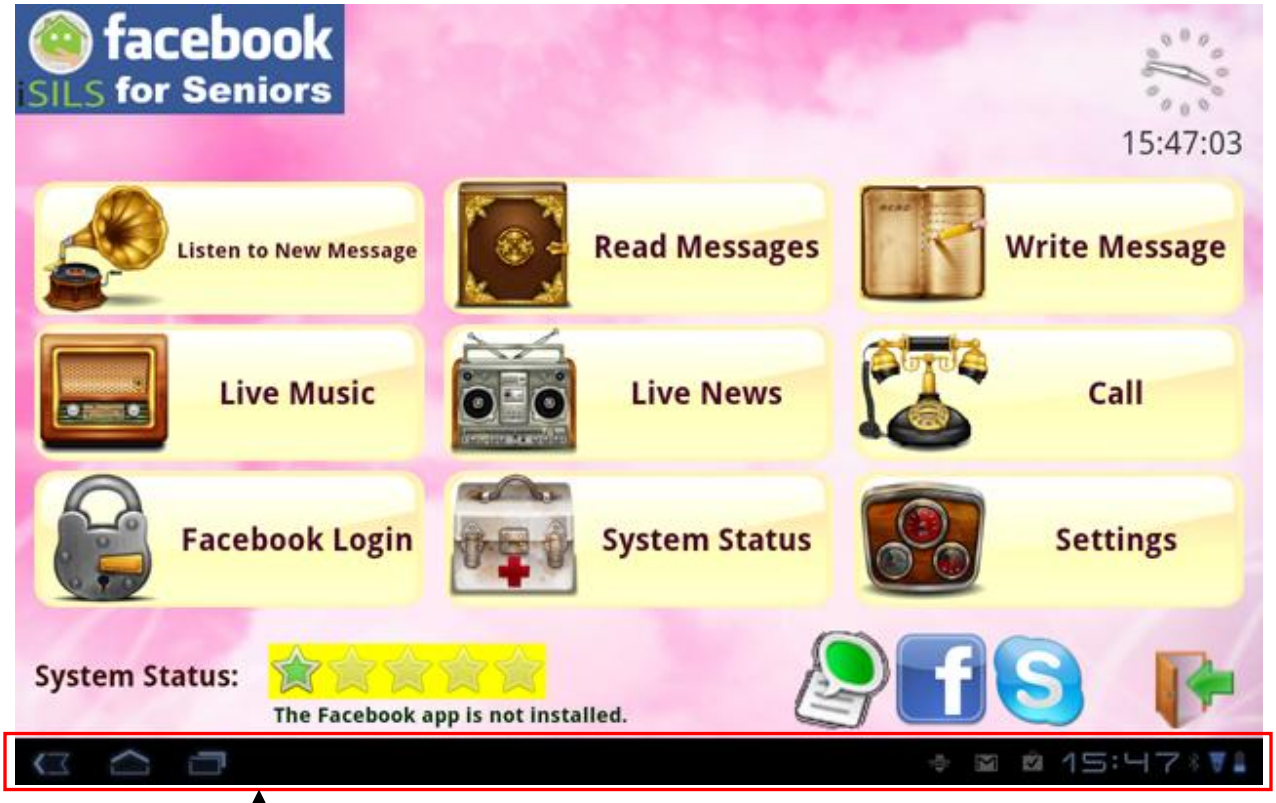
Given that tasks in Section 2 and Section 3 are successfully completed, the senior can start using the app with comfort. In the remaining of this section, “you” refer to the senior who is a real user of this app.

FB for Seniors

4.1 Start the App

To start the app, simply tap the app’s icon from the desktop of your tablet.

Important note: there is a black bar at the bottom of the home screen and other screens. If you are not familiar with Android and you don’t want to use other applications, NEVER touch that bar.



4.2 Read Messages

Tap the “Read Messages” button on the home screen, you will be directed to a screen showing status of your friends on Facebook, news and activities of your friends, and messages shared on your wall. “Wall” is a Facebook term referring to a space that hosts messages you post of messages posted for you. The following screenshot shows the information you can see from Facebook:

Social Networking on Facebook
See what my friends are thinking:
Updated at 2012-03-04 15:26:08
Read
Wall
: Watching J Lin play can get so emotional...
Updated at 2011-05-12 10:58:30
Read
Wall
: When cooking the omelet in the morning, I asked Evan if he wanted to beat the eggs. He first said No and then changed his mind and became upset. I said the words you say are like water you pour to the ground, and you cannot take them back. This seems to be quite effective. Proverbs have their reasons to live for thousands of years.
Updated at 2011-11-27 21:18:51
Read
Wall
Refresh
Back to My Wall
Back to Home
14:39

Friend’s picture

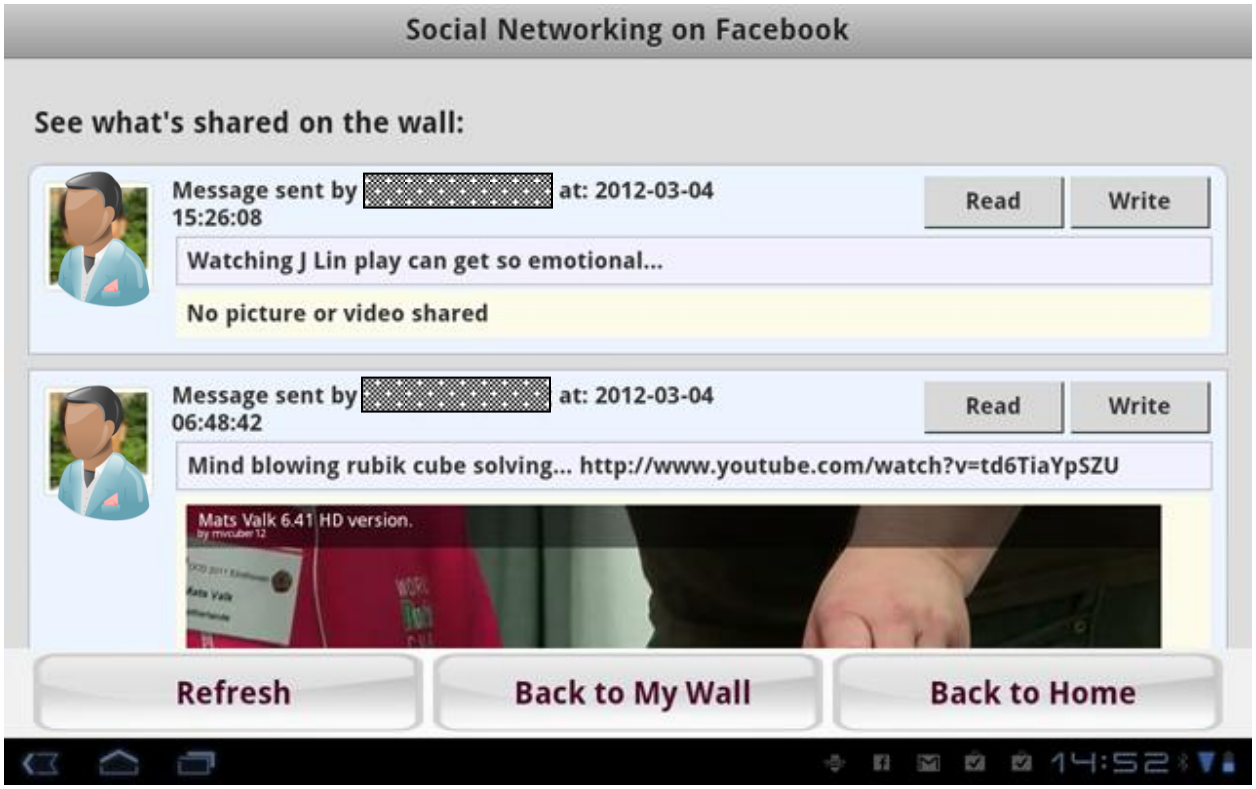
Friend’s name

On this screen you will see a section “See what my friends are thinking” at the top about status of a list of friends. Name of a friend, status of the friend, and time of posting the status are displayed.

Tap the “Refresh” button, the application will contact Facebook to get the latest data, so you will see new things about your friends. You can go to check one friend’s wall by tapping the “Wall” button at the right end of the friend, and tap “Back to My Wall” at the bottom of the screen to come back. To go back to the home screen, tap the “Back to Home” button.

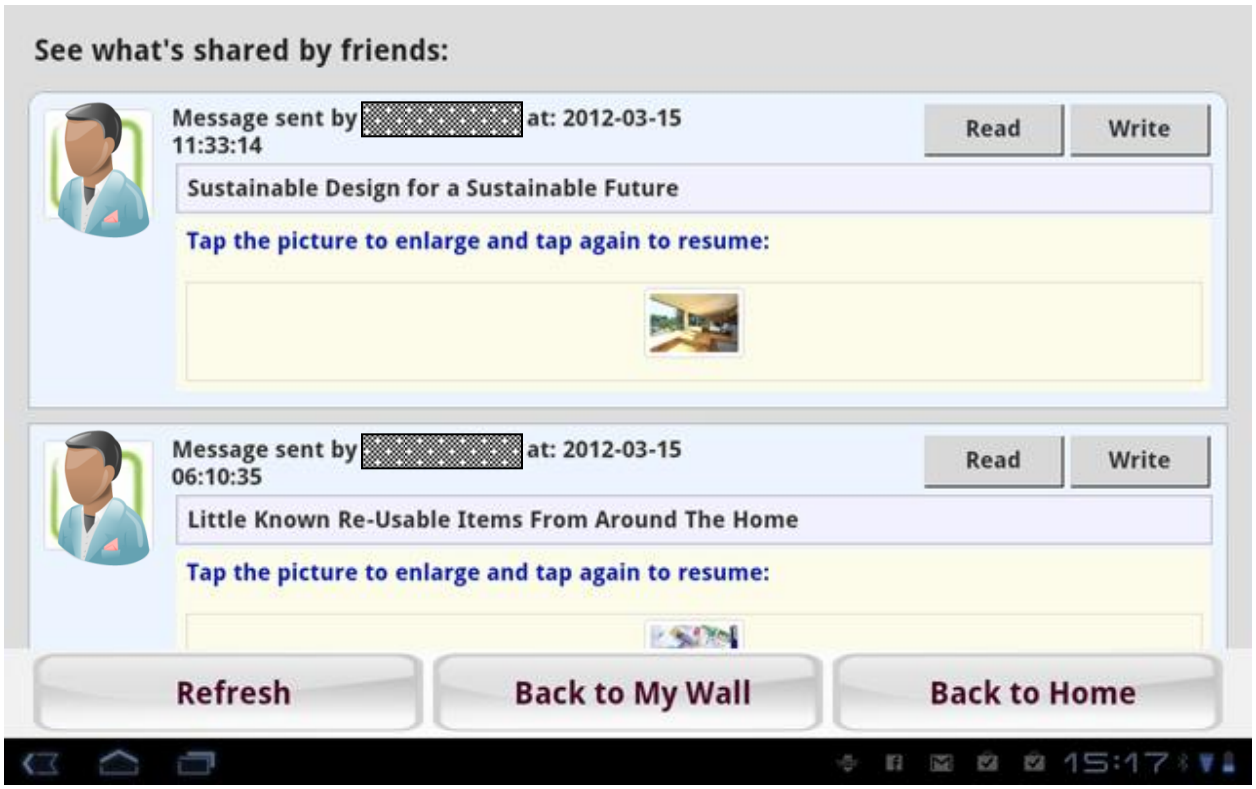
Tap the “Read” button, one friend’s status text will be read out by human speech.

Tap the “Wall” button of a friend, you will go to see what the friend has shared on his/her is similar to the following screenshot:



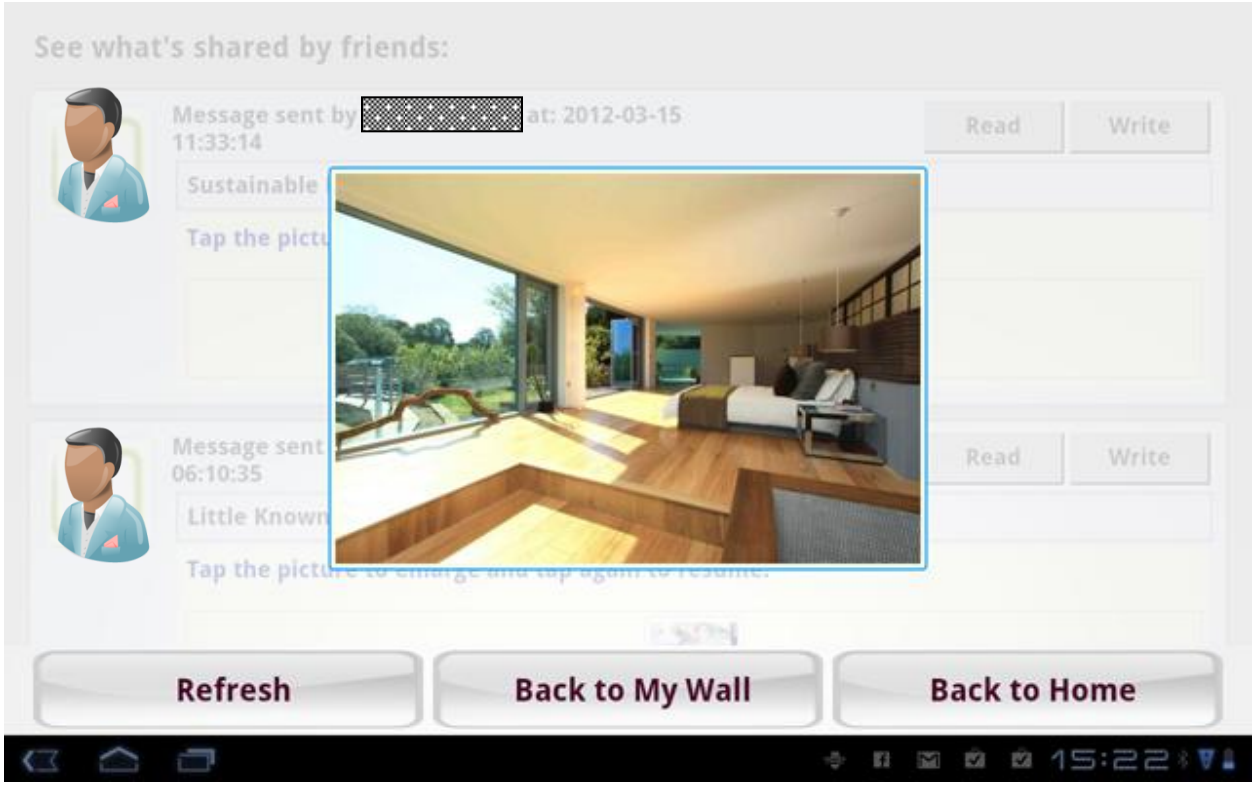
The text of a message can be read out by tapping the “Read” button. Tap the “Write” button and you will be directed to another screen to write a message for the friend. Refer to Section 4.4 for how to write a message.

Now go back to your onw wall by tapping “Back to My Wall”. Slide on the screen with your figure to see more statuses. The next section you will see is “See what’s shared by friends”, where you can see your friends’ activities and interesting things that they are sharing. What you will is similar to the following screenshot:


See what's shared by friends:
Message sent by [redacted] at: 2012-03-15 11:33:14
Read
Write
Sustainable Design for a Sustainable Future
Tap the picture to enlarge and tap again to resume:
Message sent by [redacted] at: 2012-03-15 06:10:35
Read
Write
Little Known Re-Usable Items From Around The Home
Tap the picture to enlarge and tap again to resume:
Refresh
Back to My Wall
Back to Home
15:17

Similarly, tap “Read” to have the message read out and tap “Write” to write a message for the friend.

If a message has a picture attached, you will see a small logo. Tap the logo and you will see an enlarged picture of the original size:



The background screen will fade out a little. When finishing enjoying the picture, just tap the picture again to dismiss it. The screen goes back to normal.

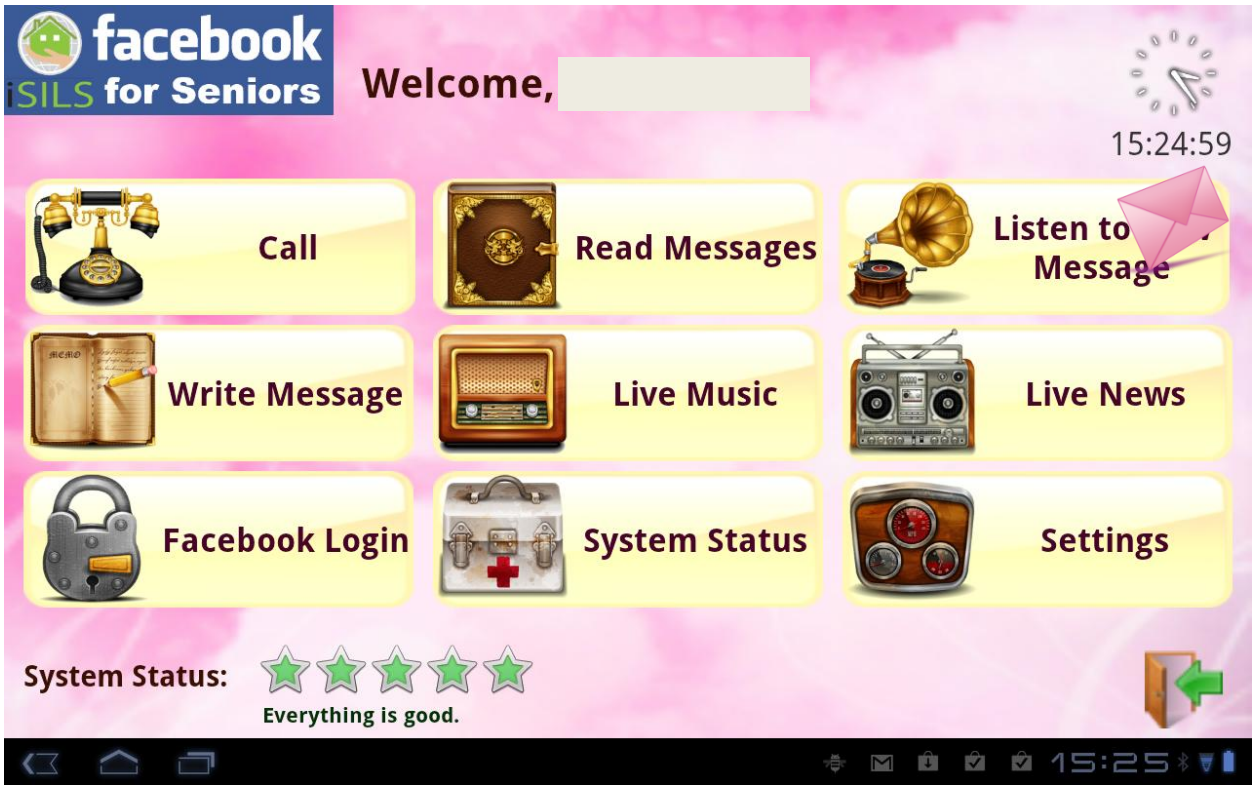
If a message has a video embedded, the video will be started when you reach that message. To stop playing, just tap on the video area. If a video does not start playing by itself, tap the video to play.

When you keep going down, you will reach a section “See what’s shared on my wall”. The wall is where you share messages with friends and friends post messages for you.

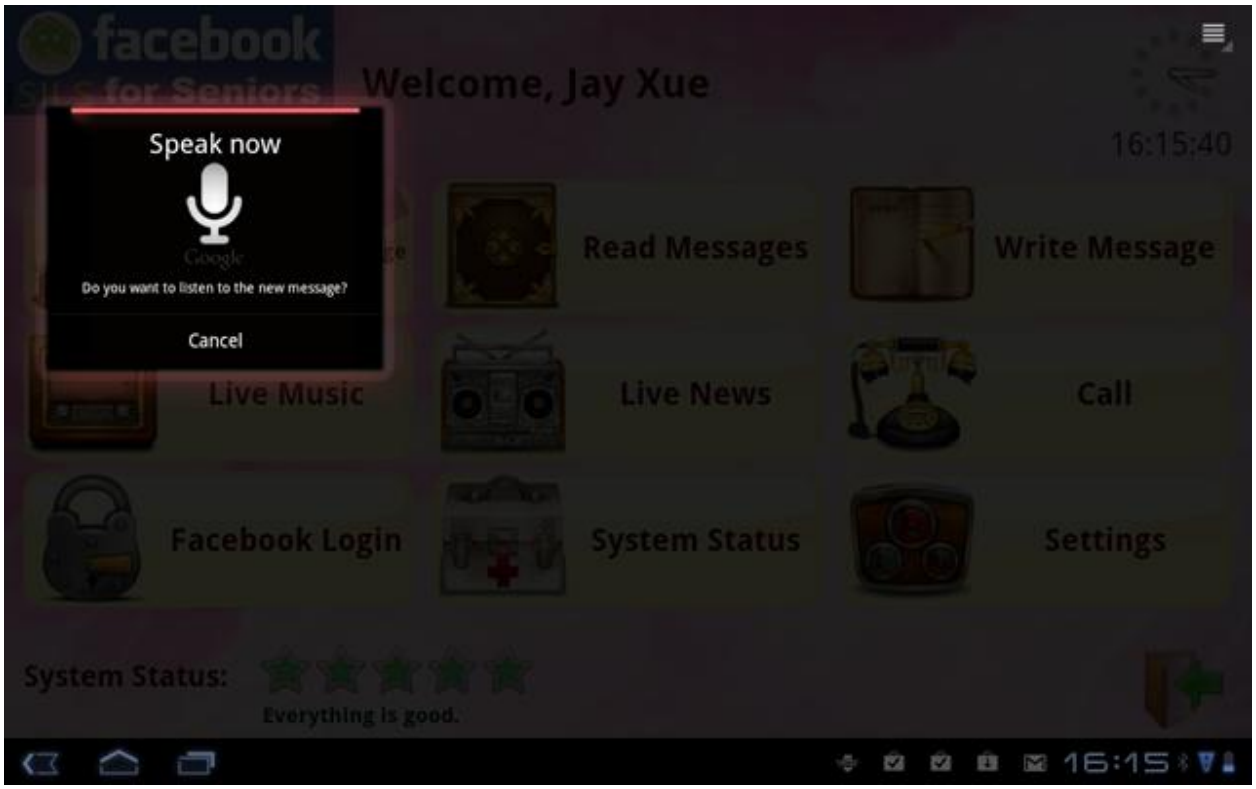
Here you can also have the message read out, reply a message that a friend wrote for you, and delete a message if you don't want it to be on your wall.

4.3 Listen to New Message

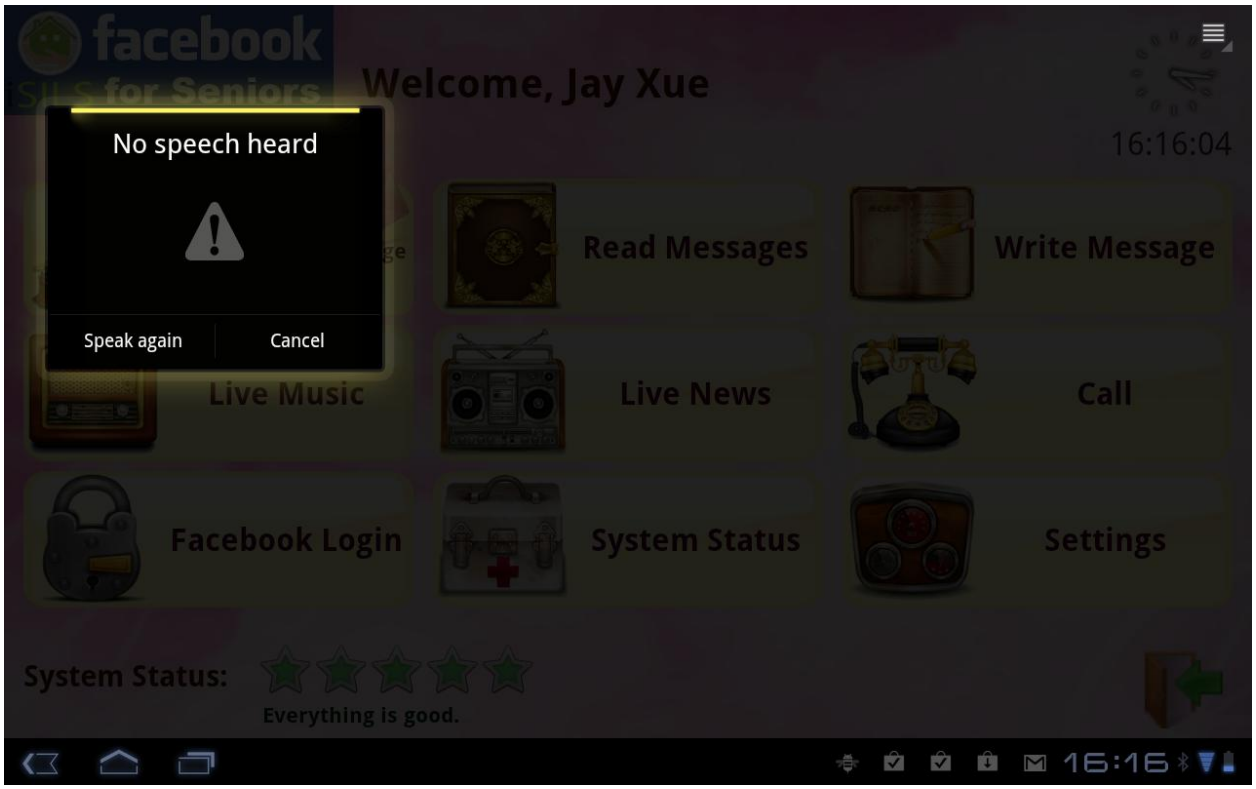
The application keeps checking with Facebook every several minutes. A reminder will be played if other people sent you a new message. You will also see a sign of envelop on the button "Listen to New Message".



Meanwhile, the application will ask you if you want to have the new message read out. You will see a new dialog on the screen:

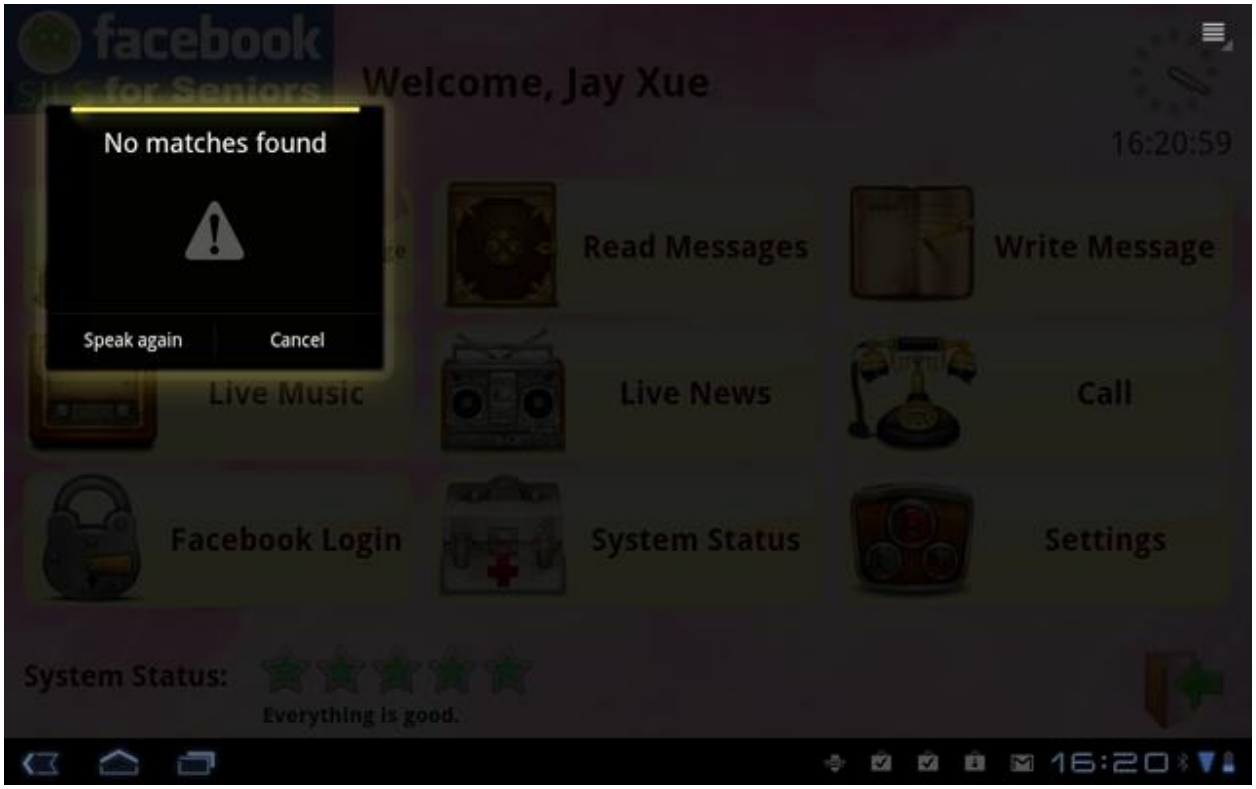


You can answer by saying “Yes”, if you want the message to be automatically read out or “No” if you wouldn’t. If you didn’t say anything in several seconds, the system will remind that no speech was heard:



You can tap “Speak again” to try again or tap “Cancel” to dismiss the dialog.

If the application didn’t recognize what you have said, another dialog will appear:

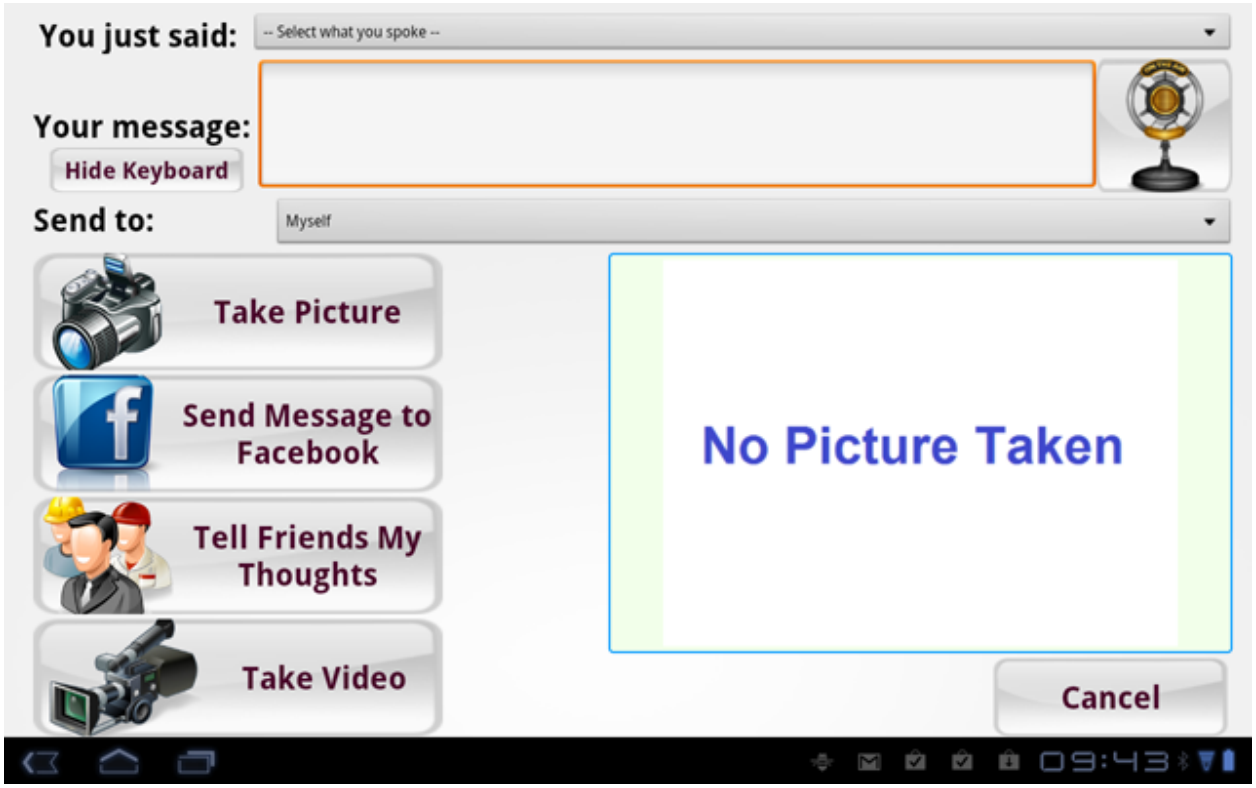


You can try again or cancel it.

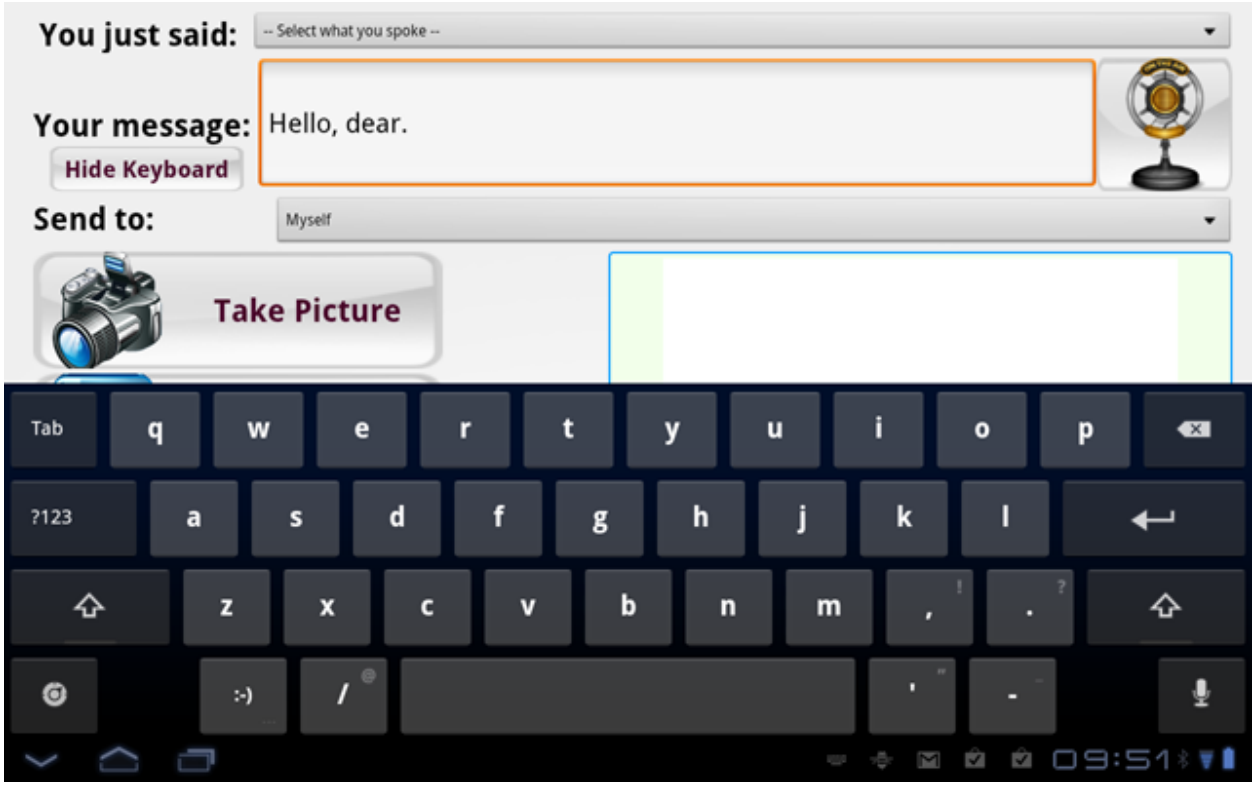
If you answer “Yes”, or cancel the dialog and tap the “Listen to New Message” button, the application will read out the new message for you.

4.4 Write Message

Tap the “Write Message” button on the screen home and enter the screen for composing message as follows:

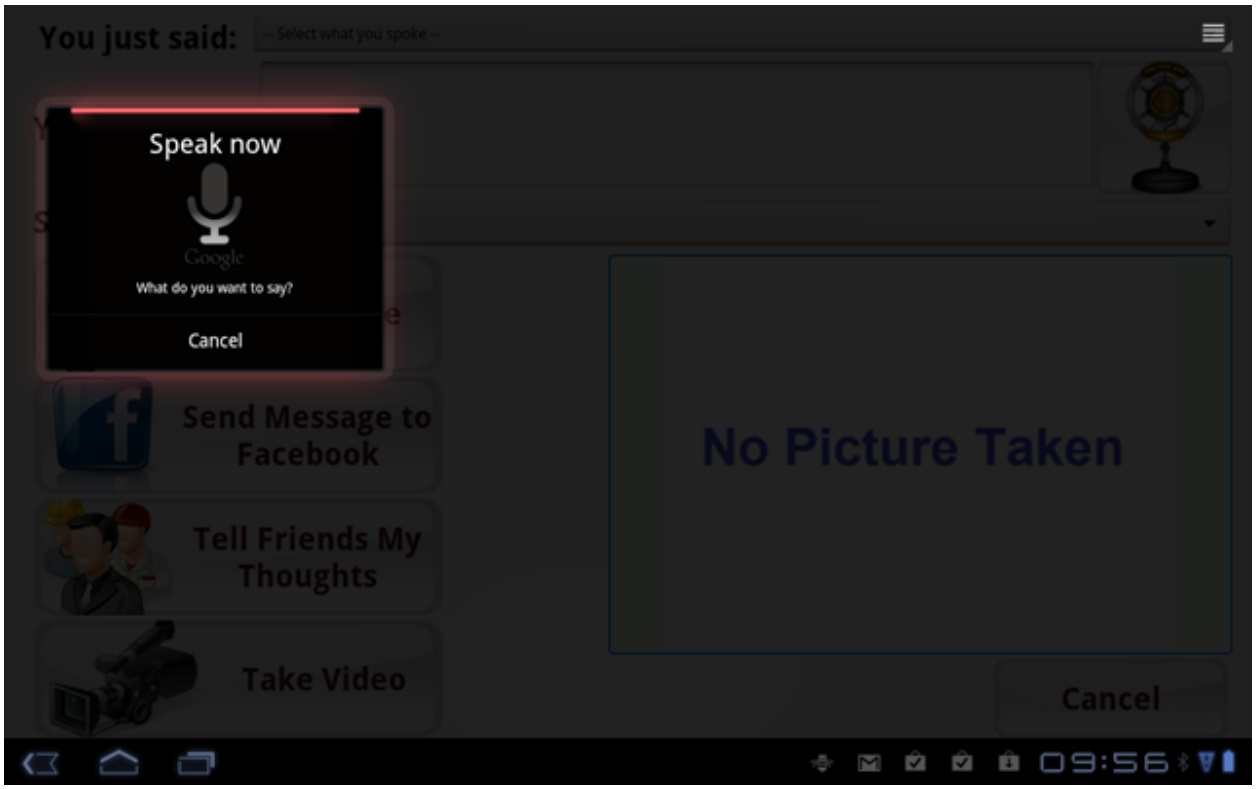


You can touch the box beside “Your message”, and a soft-keyboard will appear on the screen for you to type letters:



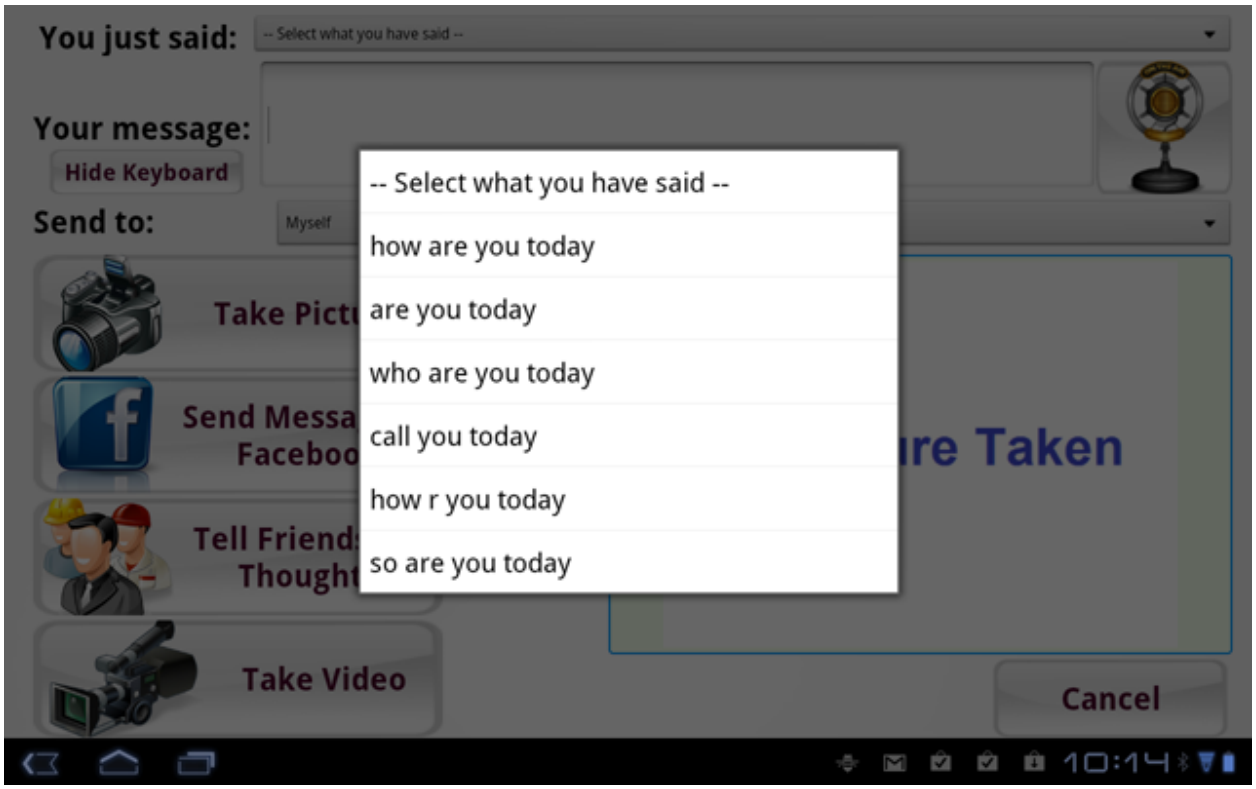
The letters you type will appear in the box. When finished typing, tap the “Hide Keyboard” button to hide the keyboard.

A better way to compose messages is to use the voice recognition feature. Tap the button with a microphone’s icon at the right of the box and start voice recognition:



The behavior of the dialog is the same as described in Section 4.3. To get a better result, please speak clearly close to the microphone (the position of microphone may vary on different models).

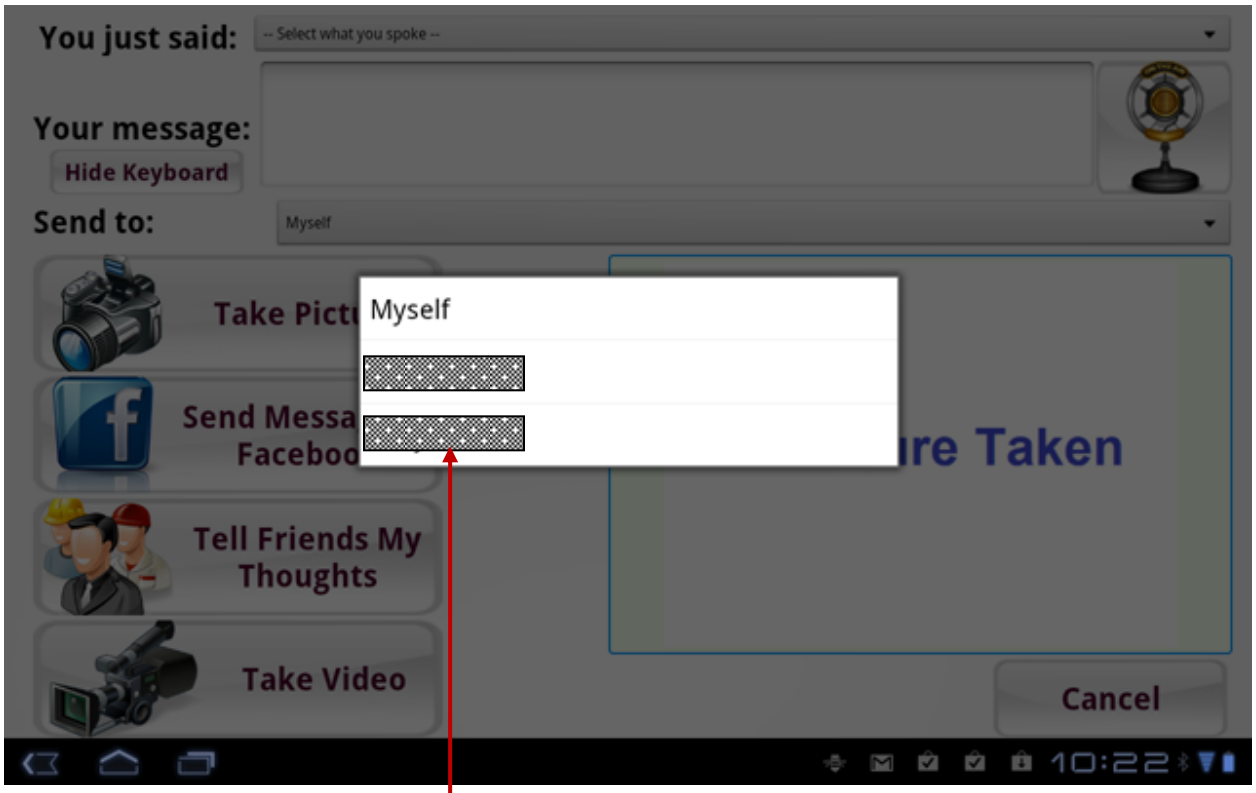
One difference from Section 4.3 is, instead of recognizing a simple answer, here the application will recognize a whole sentence and list possible statements that you have said for your choice. For example, if you have said “how are you today”, since each one has a different way to speak, the voice recognizer is not completely sure about what it has heard, so you will see a list of recognized results:



Tap the correct one to select it. If none of the answers is correct, just tap the greyed area of the screen to dismiss the list and repeat this process. You can double-check the results by tapping the box right of “You just said”

After you select a preferred answer, you can tap the microphone button again to say another sentence. The new sentence will be automatically appended to the text you just said.

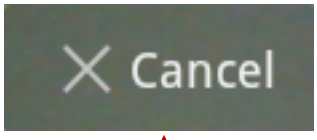
When you are writing a message, the box at the right side of “Send to” is shown as “Myself”, meaning that the message will be posted to your own wall (but all your friends will see it). You can also tap the box and select to write the message for a specific friend (note that the first option “Myself” means yourself). If you browse a friend’s wall and want to write a message for this friend, you will be directed to this screen with the friend’s name being selected by default.

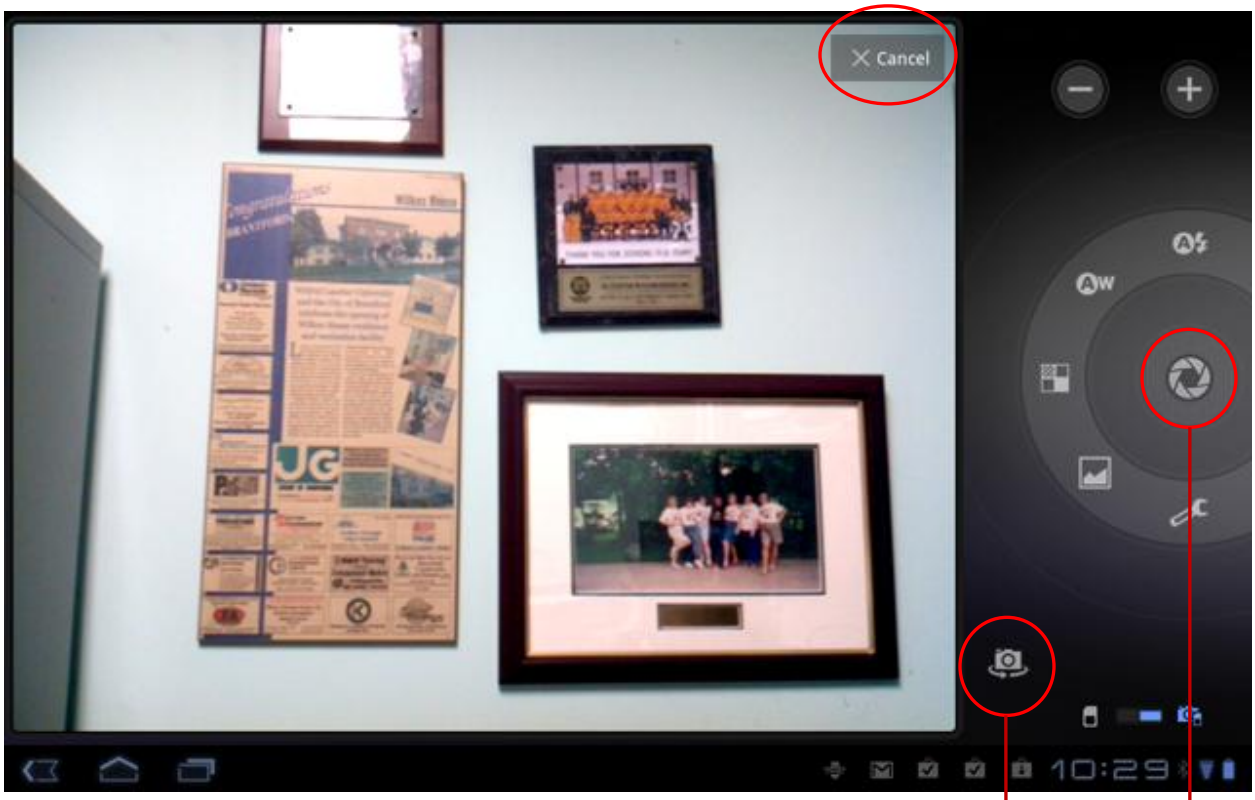


Friends' names being listed

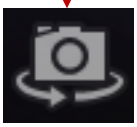
After you finish writing the message, you can tap the "Send Message to Facebook" button. If you want to share a picture with friends, tap the "Take Picture" button. You will enter another screen to take a picture. The following screenshot shows the image you see from the rear camera of the tablet (most tablets are equipped with both rear and front cameras):

Tap this button if you don't want to take a picture





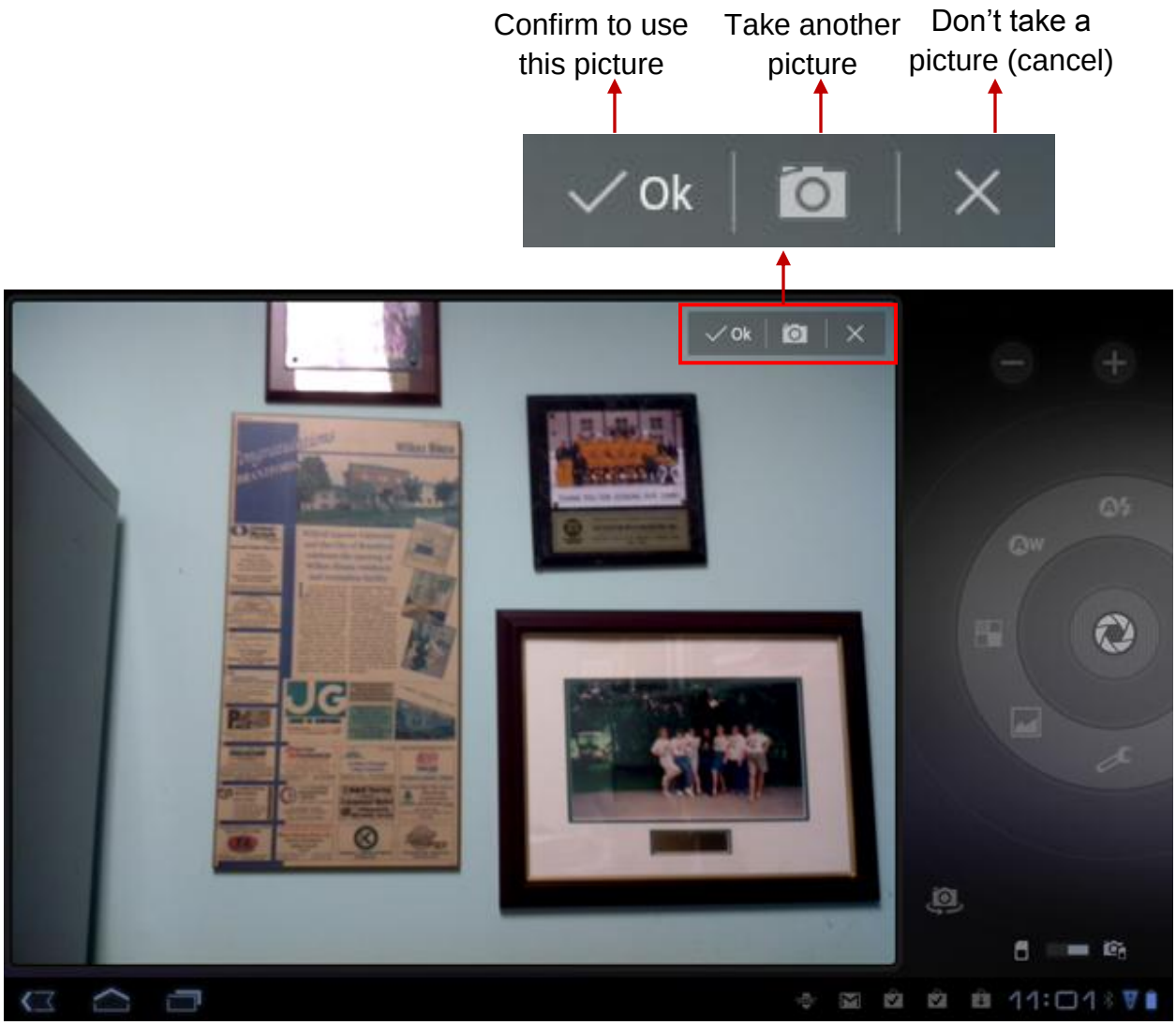
Tap this button to switch between rear and front camera



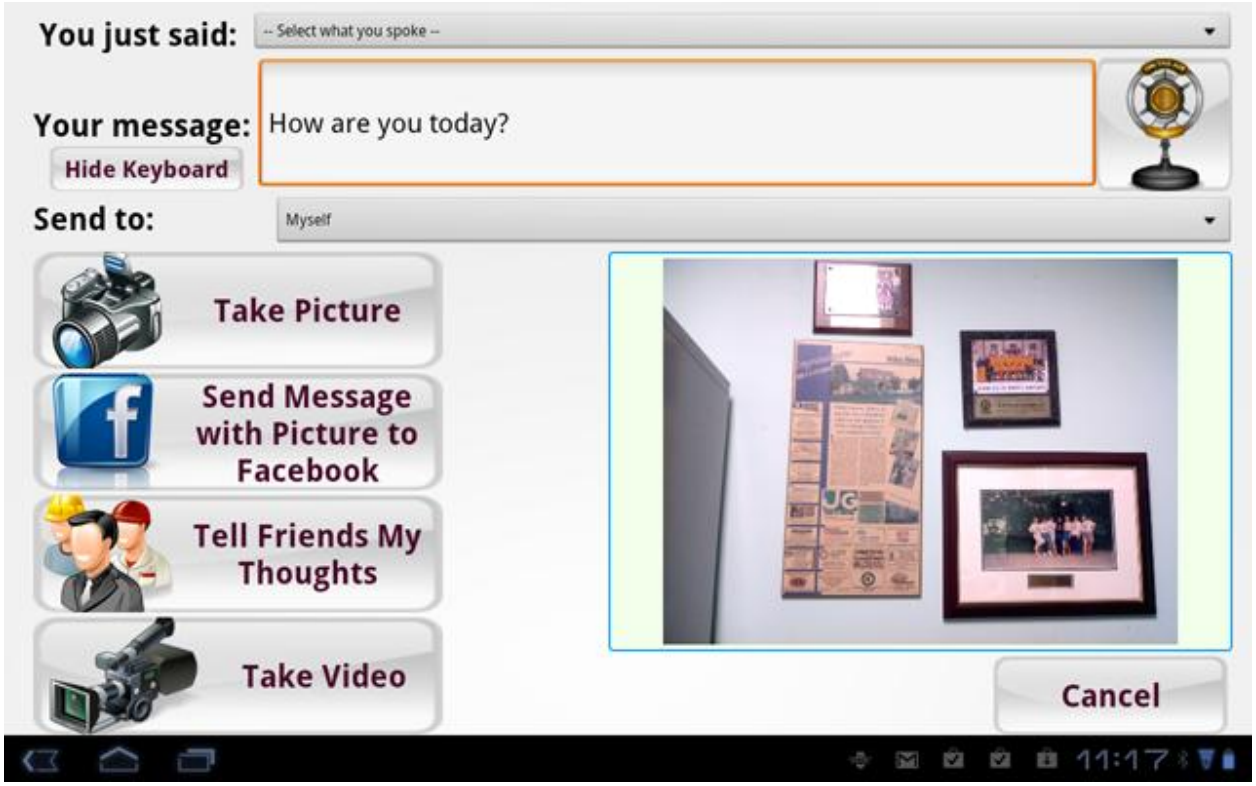
Tap this button to take a picture

You can take nice pictures of yourself with the front camera. Most probably you don't need to touch any other buttons for high-level configuration.

After you take a picture, three new buttons will appear at the top of the picture area:



If you confirm to use this picture, you will return to the previous screen and then see the picture on the screen:

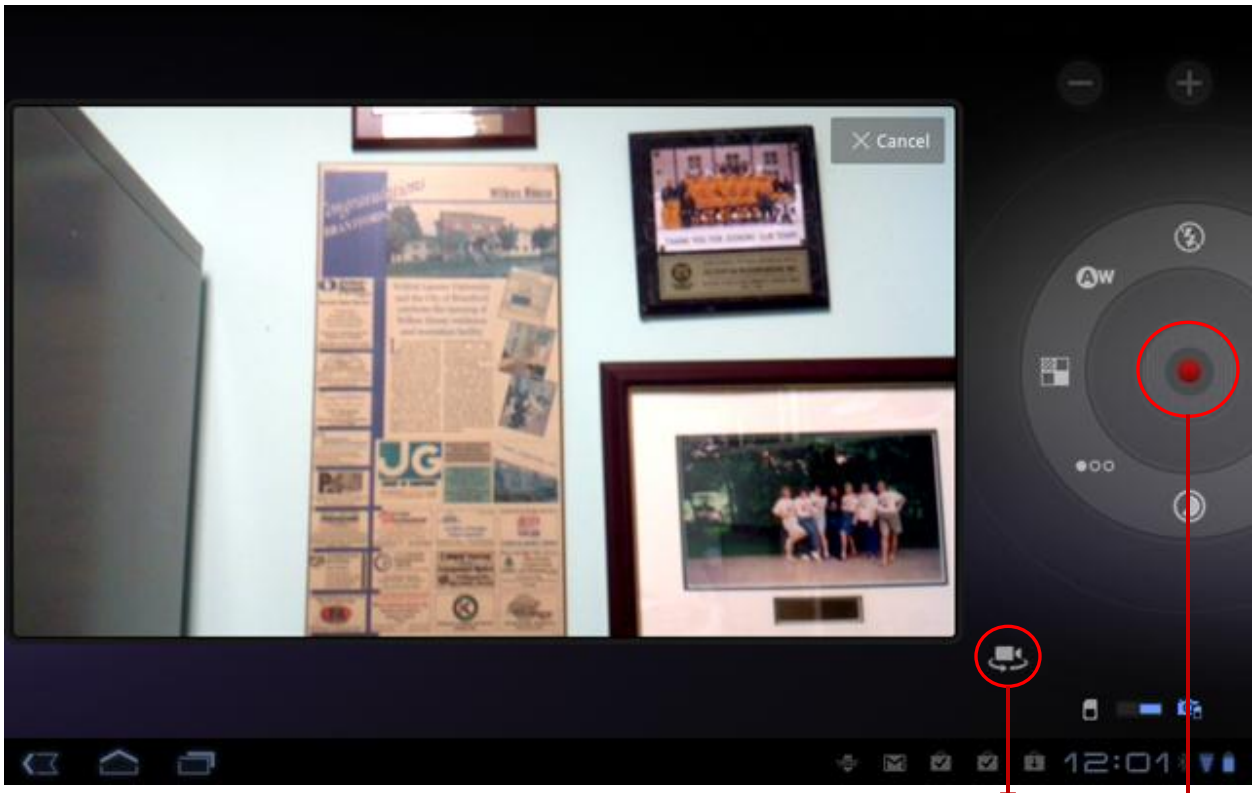


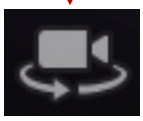
Now you can see the picture in the box where a text “No Picture Taken” was shown. The button with a Facebook logo also has a new label “Send Message with Picture to Facebook”. Tap this button to send message (with a picture). You will see a spinning symbol and you need to wait for a while. After the message is successfully sent, you will return to the home screen.

You can write a message about your thoughts and tap “Tell Friends My Thoughts” to let friends know what you are thinking. No picture can be attached.

If you wish to take a video and share with friends, tap the “Take Video” button and you will be directed to another screen:

Tap the “Take Video” button and you will open the camera which looks like the screen you see for taking a picture. There are two different icons, as indicated in the following screenshot:

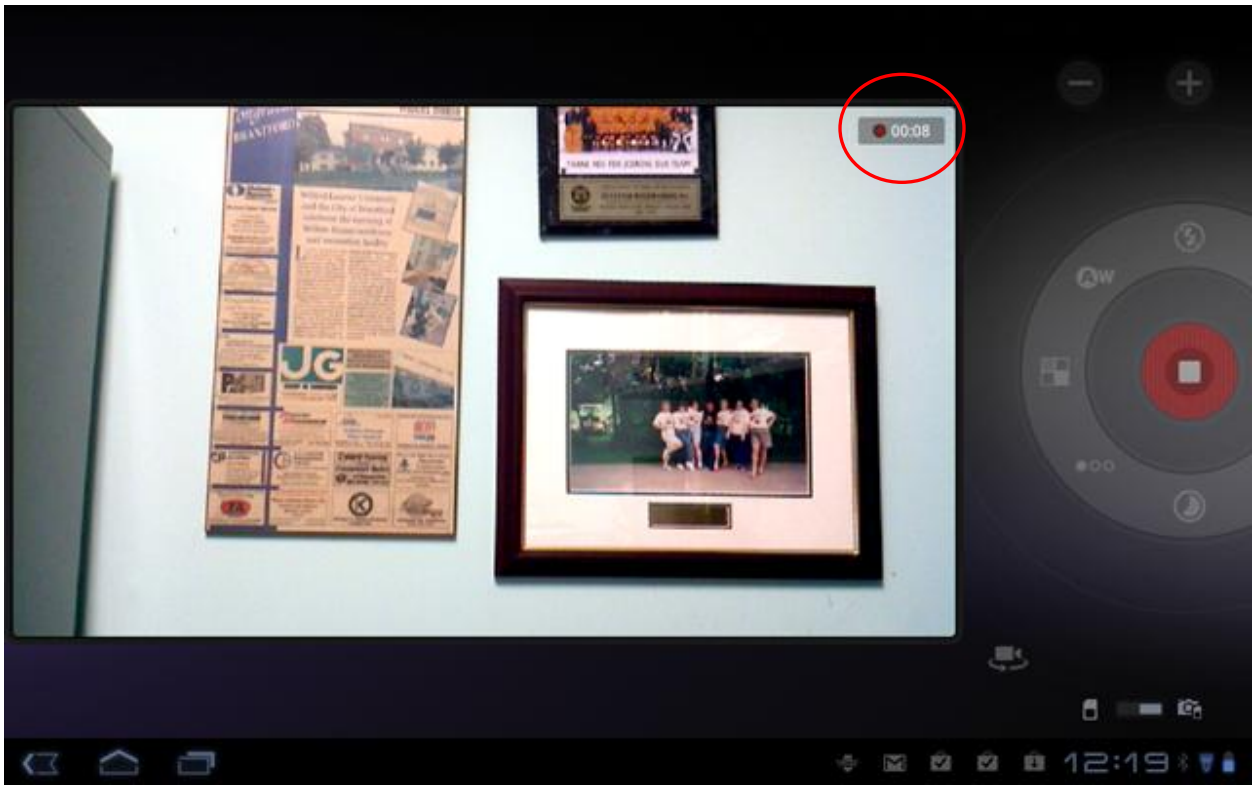




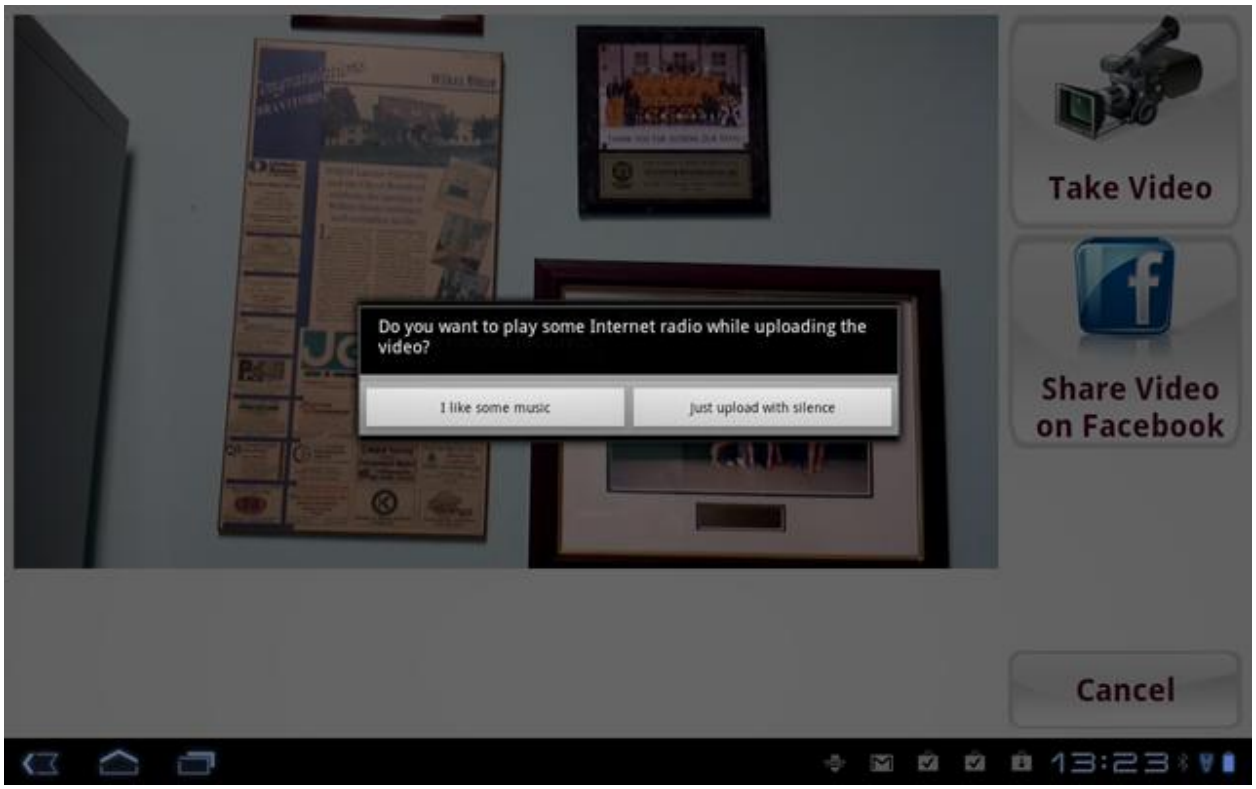
Switch between front/rear camera

Start/stop taking video

After you started taking a video, you will see a time label at the top of the camera screen in a format of 00:00 (minutes:seconds). This will help you control the length of your video:



When you finish the video, tap “Ok” and return to the previous screen. If you tap the black area at the center of the screen, you can preview the video you just took. If you are satisfied with it, tap “Share Video on Facebook” to send the video. You will be asked if you want to listen to some background music while you are waiting:


Take Video
Share Video on Facebook
Do you want to play some Internet radio while uploading the video?
I like some music
Just upload with silence
Cancel
13:23

You can select to play music or just upload with silence. After you make your choice, you will see a progress bar indicating how much of your video has been uploaded. You may need to wait for a while at this stage, depending on the duration of your video.

4.5 Live Music

Tap “Live Music” on the home screen to listen to live radio. The button will be changed to “Pause Music” and the radio will stop if you tap it again.

Note that you need to wait for a while to connect to the radio station before you can hear any music.

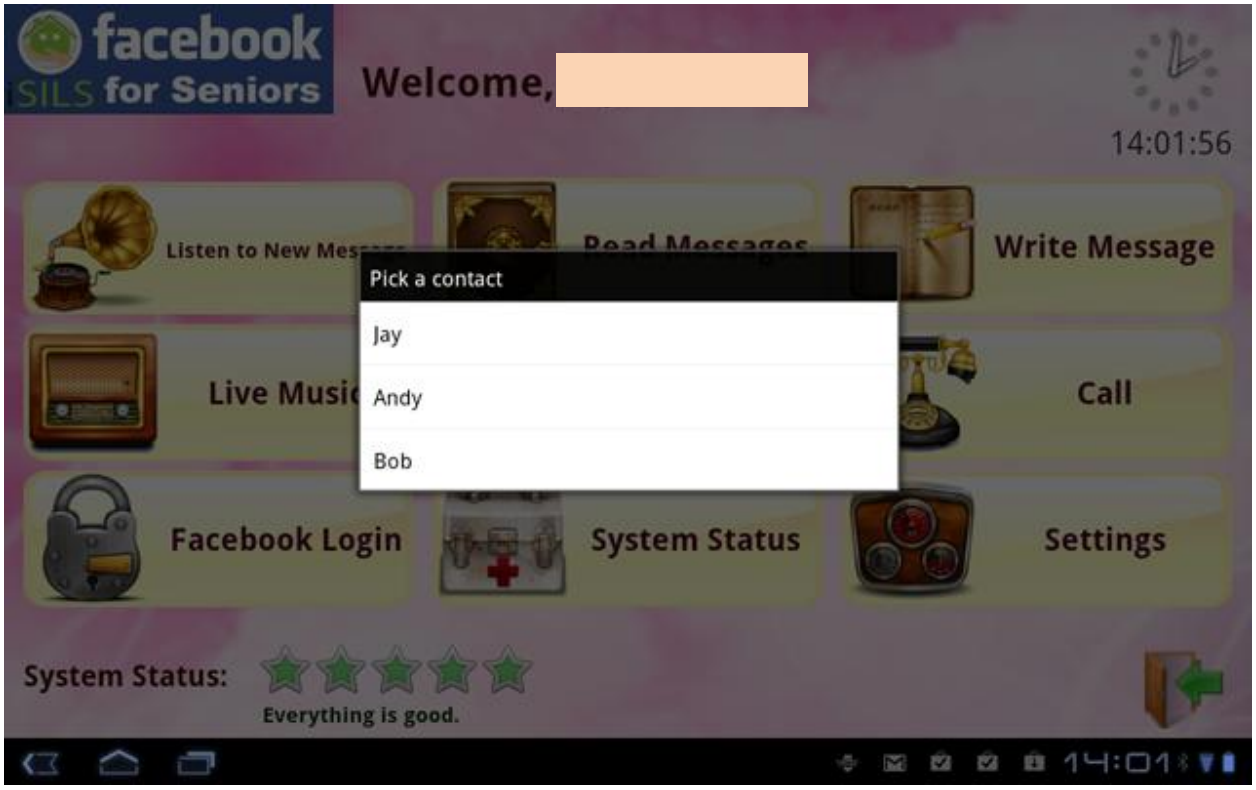
4.6 Live News

Tap “Live News” on the home screen to listen to live news. The button will be changed to “Pause News” and the radio will stop if you tap it again.

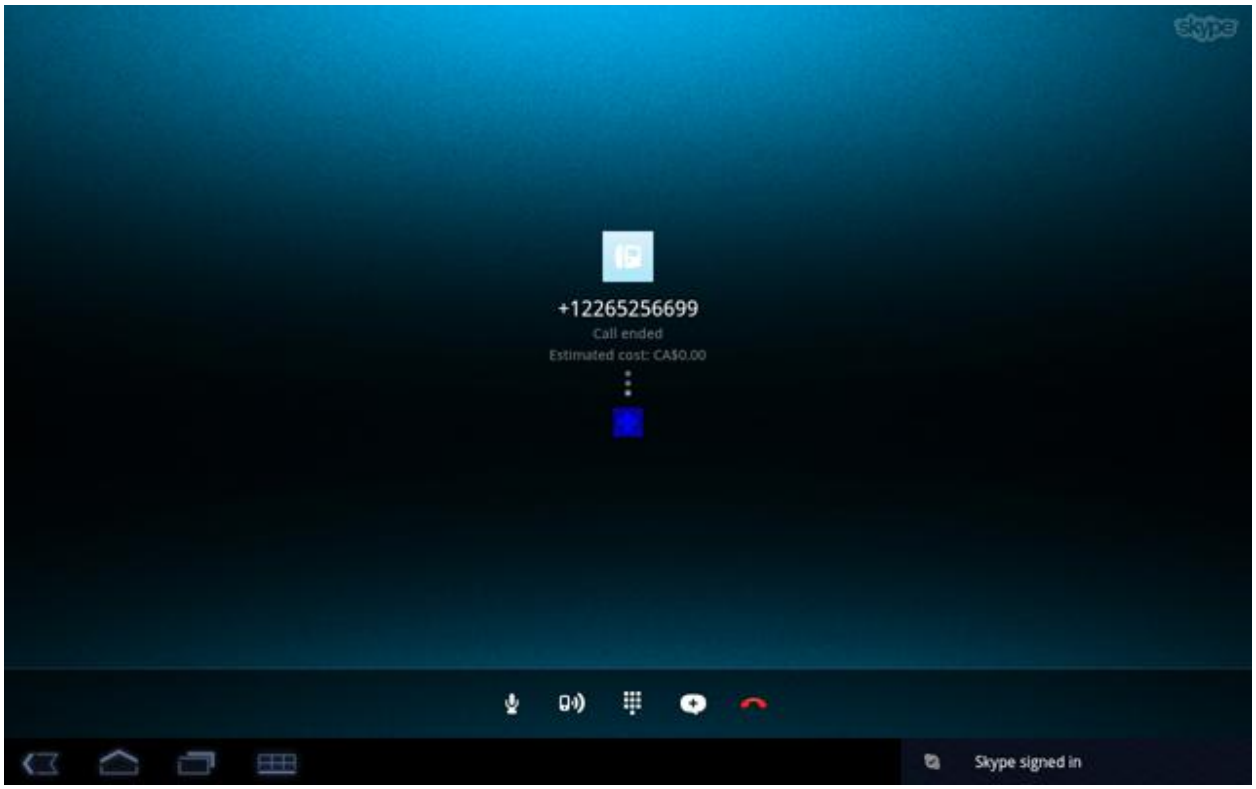
Note that you need to wait for a while to connect to the radio station before you can hear any news.

4.7 Call

If you want to call a contact, tap “Call” on the home screen and select a contact from the on-screen list (given that your family or friends have helped enter the contacts’ names and phone numbers):



If you change your idea, just tap any area outside of the contact box to dismiss it. To continue a call, tap one contact and Skype will be automatically started:



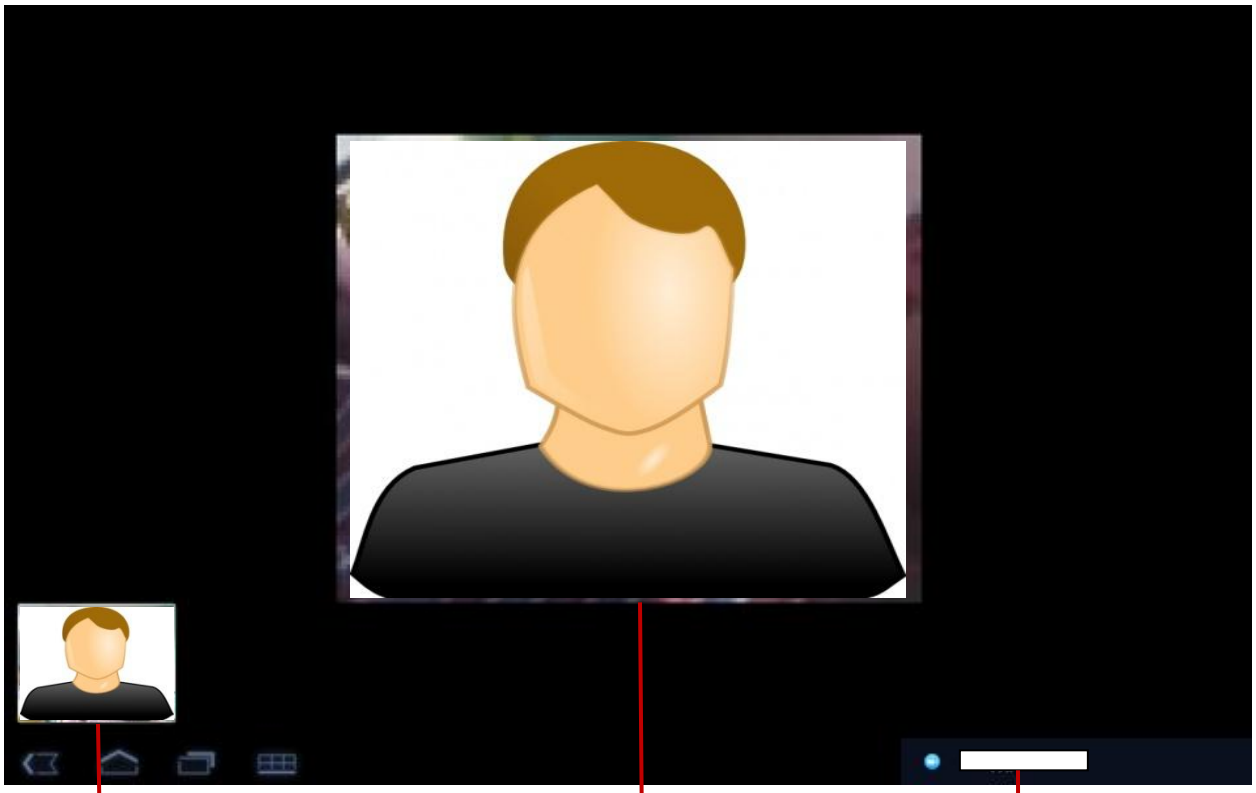
Just wait to talk to the contact and you don't need to do anything else. During the talk, you can tap to end the conversation, or your contact can hang up and you will be automatically directed back to the home screen.

You cannot initiate a video chatting from this application. However, your family or friends can call your Skype account to initiate a video chatting. When one of them is calling you, Skype will be brought to the screen:

Your family or friend's name on Skype

You can see who's calling from the top of the screen. To answer the call, tap the large green button at the middle. To refuse, tap the large red button at the right.

If you accept the video chatting, you will see both of you and the other person on the screen and you can start chatting:



After you end the conversation, you will be brought back to the home screen.